

Appendix B

Dietary modeling study

Project title: Modeling of Canola Oil Consumption

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Database:

NHANES, 1999-2002: n = 18,305

Includes those with reliable 24-hour recall dietary interviews meeting minimum criteria

Subjects included: n = 8,983 age 20 years and older

Subjects excluded: n = 9,322 age < 20 years

Variables:

- Gender and age

All adults, men and women aged 20+ years;

20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, and 70+ years

- 24- h recall dietary interview:

- Amount (g/d) of canola oil consumed at the table or contained in foods consumed

- Amount (g/d) of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) consumed at the table or contained in foods consumed

- Amount (g/d) of butter and margarine consumed at the table or contained in foods consumed

- Replacement levels for canola oil replacing selected vegetable oils, and canola oil margarine replacing butter and margarine: baseline (0%), 25%, 50% and 100% replacement

- Food energy (Kcal) intakes

- Cholesterol (mg/d) intakes

- Dietary fat (g/d) intakes: total fat, saturated fat, monounsaturated fat, polyunsaturated fat, stearic (18:0), oleic (18:1), linoleic (18:2) and linolenic (18:3) fatty acids

- Replacement levels for canola oil replacing selected vegetable oils, and canola oil margarine replacing butter margarine: baseline (0%), 25%, 50% and 100% replacement

Statistics:

- Canola oil and canola oil margarine intakes:

Mean per capita gram intakes of canola oil

Mean per capita gram intakes of canola oil margarine

- Dietary intakes:
Mean energy, cholesterol, total fat, saturated fat, monounsaturated fat, polyunsaturated fat, stearic (18:0), oleic (18:1), linoleic (18:2) and linolenic (18:3) fatty acid intakes
Percent of adults meeting criteria for cholesterol and fat intakes

Statistical analysis:

Although unweighted sample sizes are reported, sample weights are applied and standard errors of the means and percentages are estimated by the linearization method of SUDAAN.

Notes:

- The USDA Food and Nutrition Database for Dietary Studies (FNDDS) was used to update the NHANES, 1999-2000, food energy (Kcal), cholesterol and dietary fat intakes to reflect the food composition data used in NHANES, 2001-2002. The nutrient database in the technical support files for CSFII, 1994-96, 1998 was used for 140 survey foods reported in 1999-2000 NHANES and missing from the FNDDS.
- The modeling is based on the food energy, cholesterol and dietary fat content of the survey foods (8-digit food codes) in the FNDDS, and the food energy, cholesterol and dietary fat content of the nutrient database (NDB) foods (5-digit food codes) in the USDA Nutrient Database for Standard Reference, Release 17 (SR17). The "recipe" database of the FNDDS is used to calculate the nutrient content of survey foods by "linking" them to "ingredients" in the SR-17 food composition database, and this recipe database is called the "SR-Link" file of the FNDDS. The recipe database of the "technical support files" on the CD-ROM of the 1994-1996, 1998 CSFII dataset was used to calculate the food energy, cholesterol, and dietary fat content of the 140 survey foods reported in 1999-2000 NHANES that were missing from the FNDDS.
- Replacement of canola oil for selected vegetable oils was modeled at several levels of the food preparation process using various food and nutrient databases:
 - Survey foods (8-digit food codes) representing soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, NFS were replaced with canola oil to model replacement of selected vegetable oils used at the table.
 - Nutrient database foods (5-digit food codes) representing soybean, corn, cottonseed, safflower, sunflower, vegetable oil, NFS used in the recipe database (the SR-Link file) of the FNDDS were replaced with canola oil to model replacement of selected vegetable oils used in cooking.
 - Soybean, corn, cottonseed, safflower and sunflower oils used in the USDA Food Commodity Intake Database were replaced with canola oil to model replacement of selected vegetable oils used in manufacturing certain foods. Replacement of vegetable oils contained in the survey foods using the commodity database occurred only when the "recipe" for the survey food did not include vegetable oils, butter or margarine.
- Replacement of canola oil margarine for butter and margarine was modeled using survey foods and the recipe database:
 - Survey foods (8-digit food codes) representing butter and margarine were replaced with canola oil margarine to model replacement of butter and margarine used at the table.

- Nutrient database foods (5-digit food codes) representing butter and margarine used in the recipe database (the SR-Link file) of the FNDDS were replaced with canola oil margarine to model replacement of butter and margarine used in cooking.

Modeling of Canola Oil and Canola Oil Margarine Consumption:
NHANES, 1999-2002

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**Canola Oil Replacing Vegetable Oils, and Canola Oil Margarine
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Table 1. Energy, cholesterol and fat composition of canola oil margarine, regular margarine and butter

Nutrient content per 100 grams	Canola oil Margarine	Regular Margarine	Butter
Energy (Kcal)	700	705	717
Cholesterol (mg)	0	0	215
Total fat (g)	79	78.8	81.1
Saturated fat (g)	10	14.8	51.4
MUFA (g)	45	37.2	21.0
PUFA (g)	22	23.1	3.0
18:0 stearic (g)	4	6.05	10.0
18:1 oleic (g)	45	37.2	20.0
18:2 linoleic (g)	15	20.9	2.7
18:3 linolenic (ALA) (g)	7	2.2	0.3
saturated / total (%)	12.7	18.8	63.4
MUFA / total (%)	57.0	47.2	25.9
PUFA / total (%)	27.8	29.3	3.7
18:0 / saturated (%)	40.0	40.9	19.5
18:1 / MUFA (%)	100.0	100.0	95.2
18:2 / PUFA (%)	68.2	90.5	90.0
18:3 / PUFA (%)	31.8	9.5	10.0

Table A. Mean per capita gram intakes of canola oil in adults aged 20+ years at baseline and with 25%, 50% and 100% replacement of selected vegetable oils^{1,2,3}

Gender and Age (y)	Sample Number	Canola Oil (g/d) Intakes with Replacement of Selected Vegetable Oils			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	1.3 ± 0.1	6.6 ± 0.1 †	11.8 ± 0.2 †	22.3 ± 0.4 †
20 - 29	1,673	1.3 ± 0.1	7.2 ± 0.2 †	13.0 ± 0.4 †	24.6 ± 0.7 †
30 - 39	1,543	1.5 ± 0.1	7.5 ± 0.3 †	13.4 ± 0.5 †	25.3 ± 0.8 †
40 - 49	1,534	1.4 ± 0.1	6.8 ± 0.2 †	12.3 ± 0.4 †	23.3 ± 0.8 †
50 - 59	1,172	1.4 ± 0.1	6.5 ± 0.2 †	11.6 ± 0.4 †	21.8 ± 0.7 †
60 - 69	1,396	1.2 ± 0.1	5.7 ± 0.3 †	10.2 ± 0.4 †	19.1 ± 0.8 †
70+	1,665	0.9 ± 0.1	4.4 ± 0.1 †	7.9 ± 0.2 †	14.8 ± 0.3 †
Men 20+	4,229	1.5 ± 0.1	7.5 ± 0.2 †	13.5 ± 0.3 †	25.5 ± 0.5 †
20 - 29	693	1.6 ± 0.1	8.3 ± 0.3 †	15.0 ± 0.6 †	28.5 ± 1.1 †
30 - 39	679	1.6 ± 0.1	8.4 ± 0.4 †	15.2 ± 0.7 †	28.8 ± 1.3 †
40 - 49	756	1.4 ± 0.2	7.6 ± 0.4 †	13.8 ± 0.6 †	26.1 ± 1.2 †
50 - 59	589	1.7 ± 0.1	7.5 ± 0.3 †	13.3 ± 0.5 †	24.9 ± 1.0 †
60 - 69	682	1.3 ± 0.2	6.4 ± 0.4 †	11.5 ± 0.7 †	21.6 ± 1.2 †
70+	830	1.0 ± 0.1	4.8 ± 0.2 †	8.6 ± 0.3 †	16.2 ± 0.5 †
Women 20+	4,754	1.2 ± 0.1	5.7 ± 0.1 †	10.3 ± 0.2 †	19.4 ± 0.4 †
20 - 29	980	1.1 ± 0.1	6.0 ± 0.2 †	11.0 ± 0.4 †	20.8 ± 0.8 †
30 - 39	864	1.4 ± 0.1	6.6 ± 0.3 †	11.7 ± 0.5 †	22.0 ± 1.0 †
40 - 49	778	1.3 ± 0.1	6.2 ± 0.3 †	11.0 ± 0.5 †	20.6 ± 1.0 †
50 - 59	583	1.2 ± 0.1	5.6 ± 0.3 †	10.0 ± 0.5 †	18.9 ± 0.9 †
60 - 69	714	1.1 ± 0.1	5.1 ± 0.3 †	9.0 ± 0.4 †	16.9 ± 0.8 †
70+	835	0.9 ± 0.1	4.1 ± 0.1 †	7.4 ± 0.2 †	13.9 ± 0.4 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Canola oil replaces selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) used at the table, and canola oil replaces selected vegetable oils contained in foods.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table A.2. Mean per capita gram intakes of canola oil margarine in adults aged 20+ years at baseline and with 25%, 50% and 100% replacement of butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Canola Oil Margarine (g/d) Intakes with Replacement of Butter & Margarine			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	0.0 ± 0.0	2.0 ± 0.0 †	4.0 ± 0.1 †	8.0 ± 0.2 †
20 - 29	1,673	0.0 ± 0.0	1.6 ± 0.1 †	3.3 ± 0.2 †	6.5 ± 0.3 †
30 - 39	1,543	0.0 ± 0.0	1.9 ± 0.1 †	3.8 ± 0.2 †	7.6 ± 0.4 †
40 - 49	1,534	0.0 ± 0.0	1.9 ± 0.1 †	3.9 ± 0.2 †	7.7 ± 0.5 †
50 - 59	1,172	0.0 ± 0.0	2.0 ± 0.1 †	4.1 ± 0.3 †	8.2 ± 0.5 †
60 - 69	1,396	0.0 ± 0.0	2.4 ± 0.1 †	4.7 ± 0.2 †	9.5 ± 0.5 †
70+	1,665	0.0 ± 0.0	2.4 ± 0.1 †	4.8 ± 0.2 †	9.7 ± 0.4 †
Men 20+	4,229	0.0 ± 0.0	2.1 ± 0.1 †	4.2 ± 0.1 †	8.4 ± 0.2 †
20 - 29	693	0.0 ± 0.0	1.6 ± 0.1 †	3.3 ± 0.2 †	6.5 ± 0.4 †
30 - 39	679	0.0 ± 0.0	2.1 ± 0.2 †	4.2 ± 0.3 †	8.4 ± 0.6 †
40 - 49	756	0.0 ± 0.0	2.1 ± 0.2 †	4.2 ± 0.3 †	8.4 ± 0.7 †
50 - 59	589	0.0 ± 0.0	2.1 ± 0.2 †	4.1 ± 0.4 †	8.3 ± 0.8 †
60 - 69	682	0.0 ± 0.0	2.6 ± 0.2 †	5.2 ± 0.3 †	10.4 ± 0.6 †
70+	830	0.0 ± 0.0	2.6 ± 0.1 †	5.2 ± 0.3 †	10.4 ± 0.5 †
Women 20+	4,754	0.0 ± 0.0	1.9 ± 0.1 †	3.8 ± 0.1 †	7.5 ± 0.2 †
20 - 29	980	0.0 ± 0.0	1.6 ± 0.1 †	3.3 ± 0.2 †	6.5 ± 0.5 †
30 - 39	864	0.0 ± 0.0	1.7 ± 0.1 †	3.4 ± 0.2 †	6.8 ± 0.4 †
40 - 49	778	0.0 ± 0.0	1.8 ± 0.1 †	3.5 ± 0.3 †	7.0 ± 0.5 †
50 - 59	583	0.0 ± 0.0	2.0 ± 0.2 †	4.0 ± 0.4 †	8.1 ± 0.7 †
60 - 69	714	0.0 ± 0.0	2.2 ± 0.2 †	4.3 ± 0.3 †	8.7 ± 0.6 †
70+	835	0.0 ± 0.0	2.3 ± 0.1 †	4.6 ± 0.2 †	9.2 ± 0.5 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Canola oil margarine replaces butter and margarine used at the table, and canola oil margarine replaces butter and margarine contained in foods.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.1. Energy intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Energy (Kcal/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	2195 ± 15	2196 ± 15	2197 ± 15	2198 ± 15
20 - 29	1,673	2456 ± 31	2456 ± 31	2456 ± 31	2457 ± 31
30 - 39	1,543	2415 ± 34	2415 ± 34	2416 ± 34	2416 ± 34
40 - 49	1,534	2278 ± 28	2278 ± 28	2279 ± 29	2280 ± 29
50 - 59	1,172	2112 ± 30	2113 ± 30	2114 ± 30	2115 ± 30
60 - 69	1,396	1891 ± 32	1892 ± 32	1893 ± 32	1896 ± 32
70+	1,665	1631 ± 18	1632 ± 18	1634 ± 18	1637 ± 19
Men 20+	4,229	2592 ± 23	2593 ± 23	2594 ± 23	2595 ± 23
20 - 29	693	2866 ± 60	2867 ± 60	2867 ± 60	2867 ± 60
30 - 39	679	2834 ± 41	2834 ± 41	2835 ± 41	2836 ± 41
40 - 49	756	2705 ± 40	2705 ± 40	2706 ± 40	2707 ± 40
50 - 59	589	2469 ± 47	2470 ± 47	2471 ± 47	2472 ± 47
60 - 69	682	2189 ± 64	2191 ± 64	2192 ± 64	2195 ± 63
70+	830	1908 ± 24	1909 ± 24	1911 ± 24	1913 ± 24
Women 20+	4,754	1831 ± 16	1832 ± 16	1833 ± 16	1835 ± 16
20 - 29	980	2049 ± 34	2049 ± 34	2050 ± 34	2050 ± 34
30 - 39	864	2015 ± 37	2015 ± 37	2016 ± 37	2017 ± 37
40 - 49	778	1868 ± 29	1869 ± 29	1869 ± 29	1870 ± 29
50 - 59	583	1765 ± 39	1766 ± 39	1768 ± 39	1770 ± 40
60 - 69	714	1629 ± 34	1630 ± 34	1632 ± 34	1634 ± 34
70+	835	1445 ± 27	1446 ± 27	1448 ± 27	1451 ± 27

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.2. Cholesterol intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Cholesterol (mg/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	283.5 ± 2.8	282.8 ± 2.8	282.1 ± 2.8	280.7 ± 2.8
20 - 29	1,673	289.3 ± 6.2	288.8 ± 6.2	288.4 ± 6.2	287.5 ± 6.2
30 - 39	1,543	306.7 ± 6.3	306.1 ± 6.3	305.5 ± 6.3	304.2 ± 6.2
40 - 49	1,534	293.7 ± 7.9	293.0 ± 7.9	292.2 ± 7.9	290.6 ± 7.8
50 - 59	1,172	290.8 ± 10.7	290.2 ± 10.7	289.5 ± 10.6	288.2 ± 10.5
60 - 69	1,396	265.0 ± 9.3	264.2 ± 9.2	263.3 ± 9.2	261.5 ± 9.1
70+	1,665	220.3 ± 5.9	219.4 ± 5.9	218.5 ± 5.9	216.7 ± 5.9
Men 20+	4,229	338.4 ± 5.2	337.6 ± 5.2	336.9 ± 5.2	335.3 ± 5.2
20 - 29	693	337.6 ± 10.4	337.1 ± 10.4	336.7 ± 10.3	335.7 ± 10.3
30 - 39	679	370.4 ± 10.4	369.5 ± 10.3	368.7 ± 10.2	367.0 ± 10.1
40 - 49	756	349.5 ± 10.5	348.7 ± 10.4	347.9 ± 10.4	346.3 ± 10.4
50 - 59	589	352.0 ± 19.3	351.3 ± 19.2	350.6 ± 19.2	349.1 ± 19.1
60 - 69	682	299.9 ± 14.2	299.2 ± 14.2	298.4 ± 14.1	296.9 ± 14.0
70+	830	263.1 ± 9.5	261.9 ± 9.4	260.8 ± 9.4	258.5 ± 9.3
Women 20+	4,754	233.0 ± 3.3	232.4 ± 3.3	231.8 ± 3.2	230.6 ± 3.2
20 - 29	980	241.3 ± 7.6	240.9 ± 7.6	240.5 ± 7.6	239.7 ± 7.6
30 - 39	864	246.0 ± 9.2	245.6 ± 9.2	245.2 ± 9.2	244.4 ± 9.2
40 - 49	778	240.2 ± 8.7	239.5 ± 8.6	238.8 ± 8.5	237.3 ± 8.4
50 - 59	583	231.6 ± 10.2	231.0 ± 10.2	230.3 ± 10.2	229.1 ± 10.1
60 - 69	714	234.5 ± 12.1	233.5 ± 12.1	232.6 ± 12.1	230.6 ± 12.1
70+	835	191.5 ± 7.1	190.7 ± 7.1	190.0 ± 7.1	188.5 ± 7.1

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.3. Total fat intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Total Fat (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	82.3 ± 0.7	82.4 ± 0.7	82.5 ± 0.7	82.7 ± 0.7
20 - 29	1,673	86.2 ± 1.4	86.2 ± 1.4	86.3 ± 1.4	86.4 ± 1.4
30 - 39	1,543	89.9 ± 1.6	89.9 ± 1.6	90.0 ± 1.6	90.1 ± 1.6
40 - 49	1,534	87.8 ± 1.3	87.9 ± 1.3	88.0 ± 1.3	88.1 ± 1.3
50 - 59	1,172	81.7 ± 1.8	81.8 ± 1.8	82.0 ± 1.8	82.2 ± 1.8
60 - 69	1,396	73.7 ± 1.7	73.8 ± 1.7	74.0 ± 1.7	74.3 ± 1.7
70+	1,665	61.2 ± 1.0	61.4 ± 1.0	61.6 ± 1.0	61.9 ± 1.0
Men 20+	4,229	96.9 ± 1.0	97.0 ± 1.0	97.1 ± 1.0	97.3 ± 1.0
20 - 29	693	99.5 ± 2.6	99.5 ± 2.6	99.5 ± 2.6	99.6 ± 2.6
30 - 39	679	105.3 ± 2.3	105.3 ± 2.3	105.4 ± 2.3	105.5 ± 2.3
40 - 49	756	104.2 ± 2.0	104.3 ± 2.0	104.4 ± 2.0	104.5 ± 2.1
50 - 59	589	95.5 ± 2.6	95.6 ± 2.6	95.7 ± 2.6	95.8 ± 2.6
60 - 69	682	85.3 ± 3.1	85.5 ± 3.1	85.6 ± 3.1	86.0 ± 3.1
70+	830	72.1 ± 1.3	72.3 ± 1.3	72.4 ± 1.3	72.8 ± 1.3
Women 20+	4,754	68.9 ± 0.8	69.0 ± 0.8	69.1 ± 0.8	69.3 ± 0.8
20 - 29	980	73.0 ± 1.6	73.0 ± 1.6	73.1 ± 1.6	73.2 ± 1.6
30 - 39	864	75.2 ± 1.8	75.2 ± 1.9	75.3 ± 1.9	75.4 ± 1.9
40 - 49	778	72.2 ± 1.7	72.2 ± 1.7	72.3 ± 1.7	72.4 ± 1.7
50 - 59	583	68.4 ± 2.3	68.5 ± 2.3	68.7 ± 2.3	69.0 ± 2.3
60 - 69	714	63.5 ± 1.8	63.6 ± 1.8	63.8 ± 1.8	64.1 ± 1.8
70+	835	53.9 ± 1.3	54.1 ± 1.3	54.3 ± 1.3	54.7 ± 1.3

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.4. Saturated fat intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Saturated Fat (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	26.3 ± 0.3	25.8 ± 0.3	25.2 ± 0.3 †	24.0 ± 0.2 †
20 - 29	1,673	28.9 ± 0.5	28.3 ± 0.5	27.7 ± 0.4	26.5 ± 0.4 †
30 - 39	1,543	29.1 ± 0.5	28.4 ± 0.5	27.8 ± 0.5	26.5 ± 0.5 †
40 - 49	1,534	28.0 ± 0.5	27.4 ± 0.5	26.8 ± 0.5	25.5 ± 0.4 †
50 - 59	1,172	25.4 ± 0.6	24.8 ± 0.6	24.3 ± 0.6	23.1 ± 0.5 †
60 - 69	1,396	22.6 ± 0.5	22.0 ± 0.5	21.5 ± 0.5	20.3 ± 0.5 †
70+	1,665	19.0 ± 0.4	18.5 ± 0.4	18.0 ± 0.4	17.0 ± 0.4 †
Men 20+	4,229	31.2 ± 0.4	30.5 ± 0.4	29.8 ± 0.4	28.5 ± 0.3 †
20 - 29	693	33.3 ± 0.9	32.7 ± 0.9	32.0 ± 0.9	30.6 ± 0.8
30 - 39	679	34.2 ± 0.8	33.5 ± 0.8	32.7 ± 0.7	31.2 ± 0.7 †
40 - 49	756	33.5 ± 0.8	32.8 ± 0.8	32.1 ± 0.8	30.7 ± 0.7
50 - 59	589	29.8 ± 0.9	29.2 ± 0.9	28.5 ± 0.9	27.2 ± 0.8
60 - 69	682	26.0 ± 1.0	25.4 ± 0.9	24.8 ± 0.9	23.6 ± 0.8
70+	830	22.9 ± 0.5	22.3 ± 0.5	21.7 ± 0.5	20.6 ± 0.5 †
Women 20+	4,754	21.9 ± 0.3	21.4 ± 0.3	20.9 ± 0.2 †	19.8 ± 0.2 †
20 - 29	980	24.4 ± 0.6	23.9 ± 0.6	23.4 ± 0.6	22.3 ± 0.6
30 - 39	864	24.2 ± 0.6	23.6 ± 0.6	23.1 ± 0.6	22.0 ± 0.6
40 - 49	778	22.8 ± 0.6	22.2 ± 0.5	21.7 ± 0.5	20.6 ± 0.5 †
50 - 59	583	21.2 ± 0.7	20.7 ± 0.7	20.2 ± 0.7	19.2 ± 0.7
60 - 69	714	19.6 ± 0.7	19.1 ± 0.7	18.5 ± 0.6	17.5 ± 0.6
70+	835	16.4 ± 0.4	16.0 ± 0.4	15.5 ± 0.4	14.7 ± 0.4 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.5. Monounsaturated fat intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Monounsaturated Fat (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	30.6 ± 0.3	32.7 ± 0.3 †	34.8 ± 0.3 †	39.0 ± 0.4 †
20 - 29	1,673	32.9 ± 0.6	35.2 ± 0.6	37.4 ± 0.6 †	41.9 ± 0.7 †
30 - 39	1,543	33.8 ± 0.7	36.1 ± 0.8	38.4 ± 0.8 †	43.1 ± 0.9 †
40 - 49	1,534	32.6 ± 0.5	34.8 ± 0.5 †	37.0 ± 0.6 †	41.4 ± 0.7 †
50 - 59	1,172	29.6 ± 0.7	31.7 ± 0.8	33.8 ± 0.8 †	38.0 ± 0.9 †
60 - 69	1,396	26.8 ± 0.7	28.7 ± 0.7	30.7 ± 0.8 †	34.6 ± 0.9 †
70+	1,665	22.0 ± 0.4	23.6 ± 0.4 †	25.2 ± 0.4 †	28.4 ± 0.5 †
Men 20+	4,229	36.3 ± 0.4	38.7 ± 0.4 †	41.1 ± 0.5 †	45.9 ± 0.5 †
20 - 29	693	38.1 ± 1.0	40.6 ± 1.1	43.2 ± 1.2 †	48.3 ± 1.3 †
30 - 39	679	39.9 ± 1.0	42.6 ± 1.0	45.3 ± 1.1 †	50.6 ± 1.3 †
40 - 49	756	39.0 ± 0.9	41.5 ± 0.9	44.0 ± 1.0 †	48.9 ± 1.2 †
50 - 59	589	35.1 ± 1.0	37.4 ± 1.1	39.7 ± 1.1 †	44.3 ± 1.3 †
60 - 69	682	31.5 ± 1.2	33.6 ± 1.3	35.8 ± 1.4	40.2 ± 1.6 †
70+	830	26.2 ± 0.5	28.0 ± 0.5	29.7 ± 0.6 †	33.2 ± 0.6 †
Women 20+	4,754	25.2 ± 0.3	27.1 ± 0.3 †	29.0 ± 0.4 †	32.7 ± 0.4 †
20 - 29	980	27.8 ± 0.7	29.7 ± 0.7	31.7 ± 0.7 †	35.5 ± 0.8 †
30 - 39	864	27.9 ± 0.7	29.9 ± 0.8	32.0 ± 0.9 †	36.0 ± 1.0 †
40 - 49	778	26.4 ± 0.6	28.4 ± 0.7	30.3 ± 0.8 †	34.1 ± 0.9 †
50 - 59	583	24.2 ± 0.9	26.1 ± 1.0	28.0 ± 1.1	31.8 ± 1.2 †
60 - 69	714	22.7 ± 0.7	24.5 ± 0.7	26.2 ± 0.7 †	29.7 ± 0.8 †
70+	835	19.1 ± 0.5	20.6 ± 0.5	22.2 ± 0.6 †	25.2 ± 0.6 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.6. Polyunsaturated fat intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Polyunsaturated Fat (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	16.7 ± 0.2	15.3 ± 0.2 †	13.9 ± 0.2 †	11.2 ± 0.1 †
20 - 29	1,673	16.8 ± 0.3	15.3 ± 0.3 †	13.7 ± 0.3 †	10.6 ± 0.3 †
30 - 39	1,543	18.1 ± 0.4	16.5 ± 0.4 †	14.9 ± 0.3 †	11.7 ± 0.3 †
40 - 49	1,534	17.5 ± 0.4	16.0 ± 0.3 †	14.6 ± 0.3 †	11.7 ± 0.3 †
50 - 59	1,172	17.1 ± 0.4	15.8 ± 0.4	14.4 ± 0.4 †	11.7 ± 0.3 †
60 - 69	1,396	15.7 ± 0.5	14.5 ± 0.4	13.3 ± 0.4 †	11.0 ± 0.3 †
70+	1,665	13.2 ± 0.2	12.3 ± 0.2 †	11.4 ± 0.2 †	9.6 ± 0.2 †
Men 20+	4,229	19.2 ± 0.3	17.6 ± 0.3 †	16.0 ± 0.2 †	12.8 ± 0.2 †
20 - 29	693	19.1 ± 0.5	17.3 ± 0.5	15.5 ± 0.5 †	11.9 ± 0.4 †
30 - 39	679	20.6 ± 0.6	18.8 ± 0.5	17.0 ± 0.5 †	13.3 ± 0.4 †
40 - 49	756	20.2 ± 0.5	18.5 ± 0.5	16.9 ± 0.4 †	13.5 ± 0.4 †
50 - 59	589	19.5 ± 0.6	18.0 ± 0.6	16.4 ± 0.6 †	13.3 ± 0.5 †
60 - 69	682	17.9 ± 0.8	16.6 ± 0.7	15.2 ± 0.7	12.5 ± 0.6 †
70+	830	14.7 ± 0.3	13.7 ± 0.3	12.8 ± 0.3 †	10.8 ± 0.3 †
Women 20+	4,754	14.5 ± 0.2	13.3 ± 0.2 †	12.1 ± 0.2 †	9.7 ± 0.2 †
20 - 29	980	14.6 ± 0.3	13.3 ± 0.3 †	12.0 ± 0.3 †	9.3 ± 0.3 †
30 - 39	864	15.7 ± 0.5	14.3 ± 0.5	12.9 ± 0.4 †	10.1 ± 0.4 †
40 - 49	778	14.9 ± 0.5	13.7 ± 0.4	12.4 ± 0.4 †	9.9 ± 0.3 †
50 - 59	583	14.8 ± 0.6	13.6 ± 0.5	12.5 ± 0.5 †	10.1 ± 0.4 †
60 - 69	714	13.7 ± 0.4	12.7 ± 0.4	11.7 ± 0.4 †	9.7 ± 0.4 †
70+	835	12.2 ± 0.3	11.3 ± 0.3	10.5 ± 0.3 †	8.8 ± 0.3 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.7. Stearic (18:0) fatty acid intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Stearic (18:0) Fatty Acid (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	6.9 ± 0.1	6.7 ± 0.1	6.6 ± 0.1	6.3 ± 0.1 †
20 - 29	1,673	7.6 ± 0.1	7.4 ± 0.1	7.3 ± 0.1	7.0 ± 0.1 †
30 - 39	1,543	7.6 ± 0.2	7.5 ± 0.2	7.3 ± 0.1	7.1 ± 0.1 †
40 - 49	1,534	7.3 ± 0.1	7.2 ± 0.1	7.0 ± 0.1	6.7 ± 0.1 †
50 - 59	1,172	6.6 ± 0.2	6.5 ± 0.2	6.3 ± 0.2	6.1 ± 0.2
60 - 69	1,396	5.9 ± 0.1	5.8 ± 0.1	5.7 ± 0.1	5.4 ± 0.1
70+	1,665	4.9 ± 0.1	4.8 ± 0.1	4.7 ± 0.1	4.5 ± 0.1 †
Men 20+	4,229	8.2 ± 0.1	8.0 ± 0.1	7.9 ± 0.1	7.6 ± 0.1 †
20 - 29	693	8.7 ± 0.2	8.6 ± 0.2	8.4 ± 0.2	8.1 ± 0.2
30 - 39	679	9.0 ± 0.2	8.9 ± 0.2	8.7 ± 0.2	8.4 ± 0.2
40 - 49	756	8.8 ± 0.2	8.6 ± 0.2	8.5 ± 0.2	8.2 ± 0.2
50 - 59	589	7.8 ± 0.2	7.7 ± 0.2	7.5 ± 0.2	7.2 ± 0.2
60 - 69	682	6.9 ± 0.3	6.8 ± 0.2	6.6 ± 0.2	6.4 ± 0.2
70+	830	5.9 ± 0.1	5.8 ± 0.1	5.7 ± 0.1	5.5 ± 0.1 †
Women 20+	4,754	5.7 ± 0.1	5.6 ± 0.1	5.4 ± 0.1	5.2 ± 0.1 †
20 - 29	980	6.4 ± 0.2	6.3 ± 0.2	6.2 ± 0.2	5.9 ± 0.2
30 - 39	864	6.3 ± 0.2	6.2 ± 0.2	6.1 ± 0.2	5.8 ± 0.1
40 - 49	778	5.9 ± 0.2	5.8 ± 0.1	5.6 ± 0.1	5.4 ± 0.1
50 - 59	583	5.4 ± 0.2	5.3 ± 0.2	5.2 ± 0.2	5.0 ± 0.2
60 - 69	714	5.0 ± 0.2	4.9 ± 0.2	4.8 ± 0.2	4.6 ± 0.1
70+	835	4.2 ± 0.1	4.2 ± 0.1	4.1 ± 0.1	3.9 ± 0.1

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.8. Oleic (18:1) fatty acid intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Oleic (18:1) Fatty Acid (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	28.5 ± 0.3	30.5 ± 0.3 †	32.5 ± 0.3 †	36.5 ± 0.3 †
20 - 29	1,673	30.7 ± 0.5	32.8 ± 0.6	34.9 ± 0.6 †	39.2 ± 0.7 †
30 - 39	1,543	31.5 ± 0.7	33.7 ± 0.7	36.0 ± 0.8 †	40.4 ± 0.9 †
40 - 49	1,534	30.4 ± 0.4	32.5 ± 0.5 †	34.5 ± 0.5 †	38.7 ± 0.6 †
50 - 59	1,172	27.6 ± 0.6	29.6 ± 0.7	31.6 ± 0.7 †	35.5 ± 0.9 †
60 - 69	1,396	25.1 ± 0.6	26.9 ± 0.7	28.8 ± 0.7 †	32.5 ± 0.8 †
70+	1,665	20.6 ± 0.4	22.1 ± 0.4 †	23.7 ± 0.4 †	26.7 ± 0.4 †
Men 20+	4,229	33.9 ± 0.4	36.2 ± 0.4 †	38.4 ± 0.4 †	43.0 ± 0.5 †
20 - 29	693	35.5 ± 1.0	37.9 ± 1.0	40.3 ± 1.1 †	45.0 ± 1.2 †
30 - 39	679	37.2 ± 0.9	39.7 ± 1.0	42.2 ± 1.1 †	47.2 ± 1.2 †
40 - 49	756	36.4 ± 0.8	38.7 ± 0.9	41.1 ± 1.0 †	45.7 ± 1.1 †
50 - 59	589	32.7 ± 0.9	34.9 ± 1.0	37.1 ± 1.0 †	41.5 ± 1.2 †
60 - 69	682	29.4 ± 1.2	31.5 ± 1.3	33.5 ± 1.3	37.7 ± 1.5 †
70+	830	24.6 ± 0.5	26.3 ± 0.5	27.9 ± 0.5 †	31.3 ± 0.5 †
Women 20+	4,754	23.6 ± 0.3	25.4 ± 0.3 †	27.1 ± 0.3 †	30.7 ± 0.4 †
20 - 29	980	26.0 ± 0.6	27.8 ± 0.7	29.7 ± 0.7 †	33.3 ± 0.8 †
30 - 39	864	26.1 ± 0.7	28.1 ± 0.8	30.0 ± 0.8 †	33.8 ± 1.0 †
40 - 49	778	24.7 ± 0.6	26.5 ± 0.6	28.3 ± 0.7 †	31.9 ± 0.8 †
50 - 59	583	22.7 ± 0.8	24.5 ± 0.9	26.2 ± 1.0 †	29.8 ± 1.1 †
60 - 69	714	21.3 ± 0.6	23.0 ± 0.7	24.6 ± 0.7 †	27.9 ± 0.8 †
70+	835	17.9 ± 0.5	19.4 ± 0.5	20.8 ± 0.5 †	23.7 ± 0.6 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.9. Linoleic (18:2) fatty acid intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Linoleic (18:2) Fatty Acid (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	14.7 ± 0.2	13.1 ± 0.2 †	11.4 ± 0.1 †	8.1 ± 0.1 †
20 - 29	1,673	14.8 ± 0.3	12.9 ± 0.3 †	11.1 ± 0.2 †	7.4 ± 0.2 †
30 - 39	1,543	15.9 ± 0.4	14.0 ± 0.3 †	12.1 ± 0.3 †	8.3 ± 0.2 †
40 - 49	1,534	15.4 ± 0.3	13.7 ± 0.3 †	12.0 ± 0.3 †	8.5 ± 0.2 †
50 - 59	1,172	15.1 ± 0.4	13.4 ± 0.3 †	11.8 ± 0.3 †	8.5 ± 0.3 †
60 - 69	1,396	13.8 ± 0.4	12.4 ± 0.4	11.0 ± 0.3 †	8.1 ± 0.3 †
70+	1,665	11.6 ± 0.2	10.5 ± 0.2 †	9.4 ± 0.2 †	7.1 ± 0.1 †
Men 20+	4,229	16.9 ± 0.2	15.0 ± 0.2 †	13.1 ± 0.2 †	9.2 ± 0.2 †
20 - 29	693	16.7 ± 0.5	14.6 ± 0.4 †	12.5 ± 0.4 †	8.3 ± 0.4 †
30 - 39	679	18.1 ± 0.5	16.0 ± 0.5 †	13.8 ± 0.4 †	9.6 ± 0.4 †
40 - 49	756	17.8 ± 0.5	15.8 ± 0.4 †	13.9 ± 0.4 †	9.9 ± 0.4 †
50 - 59	589	17.2 ± 0.5	15.3 ± 0.5	13.5 ± 0.5 †	9.8 ± 0.4 †
60 - 69	682	15.8 ± 0.7	14.2 ± 0.7	12.5 ± 0.6 †	9.2 ± 0.5 †
70+	830	13.0 ± 0.3	11.8 ± 0.3 †	10.5 ± 0.3 †	8.1 ± 0.3 †
Women 20+	4,754	12.8 ± 0.2	11.3 ± 0.2 †	9.9 ± 0.2 †	7.0 ± 0.1 †
20 - 29	980	12.9 ± 0.3	11.3 ± 0.3 †	9.7 ± 0.3 †	6.6 ± 0.3 †
30 - 39	864	13.8 ± 0.5	12.1 ± 0.4	10.5 ± 0.4 †	7.2 ± 0.3 †
40 - 49	778	13.2 ± 0.4	11.7 ± 0.4	10.1 ± 0.3 †	7.1 ± 0.2 †
50 - 59	583	13.0 ± 0.5	11.6 ± 0.4	10.2 ± 0.4 †	7.3 ± 0.3 †
60 - 69	714	12.1 ± 0.4	10.8 ± 0.4	9.6 ± 0.3 †	7.1 ± 0.3 †
70+	835	10.7 ± 0.3	9.7 ± 0.3 †	8.6 ± 0.2 †	6.5 ± 0.2 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table B.10. Linolenic (18:3) fatty acid intakes of adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Linolenic (18:3) Fatty Acid (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	1.5 ± 0.0	1.8 ± 0.0 †	2.1 ± 0.0 †	2.6 ± 0.0 †
20 - 29	1,673	1.5 ± 0.0	1.8 ± 0.0 †	2.1 ± 0.0 †	2.6 ± 0.1 †
30 - 39	1,543	1.6 ± 0.0	1.9 ± 0.0 †	2.2 ± 0.1 †	2.8 ± 0.1 †
40 - 49	1,534	1.6 ± 0.0	1.9 ± 0.0 †	2.1 ± 0.1 †	2.7 ± 0.1 †
50 - 59	1,172	1.6 ± 0.0	1.9 ± 0.1 †	2.1 ± 0.1 †	2.7 ± 0.1 †
60 - 69	1,396	1.4 ± 0.1	1.7 ± 0.1 †	2.0 ± 0.1 †	2.5 ± 0.1 †
70+	1,665	1.2 ± 0.0	1.5 ± 0.0 †	1.7 ± 0.0 †	2.2 ± 0.0 †
Men 20+	4,229	1.7 ± 0.0	2.0 ± 0.0 †	2.3 ± 0.0 †	3.0 ± 0.0 †
20 - 29	693	1.7 ± 0.1	2.0 ± 0.1 †	2.3 ± 0.1 †	3.0 ± 0.1 †
30 - 39	679	1.8 ± 0.1	2.1 ± 0.1 †	2.5 ± 0.1 †	3.2 ± 0.1 †
40 - 49	756	1.8 ± 0.1	2.1 ± 0.1 †	2.4 ± 0.1 †	3.0 ± 0.1 †
50 - 59	589	1.8 ± 0.1	2.1 ± 0.1 †	2.4 ± 0.1 †	3.0 ± 0.1 †
60 - 69	682	1.6 ± 0.1	1.9 ± 0.1 †	2.2 ± 0.1 †	2.8 ± 0.1 †
70+	830	1.4 ± 0.0	1.6 ± 0.0 †	1.9 ± 0.0 †	2.4 ± 0.1 †
Women 20+	4,754	1.3 ± 0.0	1.6 ± 0.0 †	1.8 ± 0.0 †	2.3 ± 0.0 †
20 - 29	980	1.3 ± 0.0	1.6 ± 0.0 †	1.8 ± 0.0 †	2.3 ± 0.1 †
30 - 39	864	1.4 ± 0.1	1.7 ± 0.1 †	1.9 ± 0.1 †	2.5 ± 0.1 †
40 - 49	778	1.4 ± 0.1	1.6 ± 0.1 †	1.9 ± 0.1 †	2.4 ± 0.1 †
50 - 59	583	1.4 ± 0.1	1.7 ± 0.1 †	1.9 ± 0.1 †	2.4 ± 0.1 †
60 - 69	714	1.3 ± 0.1	1.5 ± 0.1 †	1.8 ± 0.1 †	2.3 ± 0.1 †
70+	835	1.1 ± 0.0	1.4 ± 0.0 †	1.6 ± 0.0 †	2.0 ± 0.1 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table C.1. Percent calories from total fat with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Percent Kcal from Total Fat with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	33.4 ± 0.2	33.4 ± 0.2	33.4 ± 0.2	33.5 ± 0.2
20 - 29	1,673	31.4 ± 0.3	31.5 ± 0.3	31.5 ± 0.3	31.5 ± 0.3
30 - 39	1,542	33.1 ± 0.3	33.1 ± 0.3	33.2 ± 0.3	33.2 ± 0.3
40 - 49	1,534	34.2 ± 0.3	34.2 ± 0.3	34.2 ± 0.3	34.3 ± 0.3
50 - 59	1,172	34.3 ± 0.5	34.3 ± 0.5	34.3 ± 0.5	34.4 ± 0.5
60 - 69	1,396	34.4 ± 0.4	34.4 ± 0.4	34.5 ± 0.4	34.6 ± 0.4
70+	1,664	33.3 ± 0.4	33.4 ± 0.4	33.5 ± 0.4	33.6 ± 0.4
Men 20+	4,228	33.3 ± 0.3	33.3 ± 0.3	33.3 ± 0.3	33.4 ± 0.3
20 - 29	693	31.1 ± 0.4	31.1 ± 0.4	31.1 ± 0.4	31.2 ± 0.4
30 - 39	678	33.0 ± 0.4	33.0 ± 0.4	33.0 ± 0.4	33.0 ± 0.4
40 - 49	756	33.9 ± 0.5	33.9 ± 0.5	33.9 ± 0.5	34.0 ± 0.5
50 - 59	589	34.2 ± 0.6	34.3 ± 0.6	34.3 ± 0.6	34.3 ± 0.6
60 - 69	682	34.5 ± 0.4	34.5 ± 0.4	34.6 ± 0.4	34.7 ± 0.4
70+	830	33.8 ± 0.4	33.9 ± 0.4	33.9 ± 0.4	34.0 ± 0.4
Women 20+	4,753	33.5 ± 0.2	33.5 ± 0.2	33.6 ± 0.2	33.6 ± 0.2
20 - 29	980	31.8 ± 0.4	31.8 ± 0.4	31.8 ± 0.4	31.8 ± 0.4
30 - 39	864	33.2 ± 0.4	33.3 ± 0.4	33.3 ± 0.4	33.3 ± 0.4
40 - 49	778	34.5 ± 0.6	34.5 ± 0.6	34.5 ± 0.6	34.6 ± 0.6
50 - 59	583	34.3 ± 0.5	34.3 ± 0.5	34.4 ± 0.5	34.5 ± 0.5
60 - 69	714	34.3 ± 0.5	34.4 ± 0.5	34.4 ± 0.5	34.5 ± 0.5
70+	834	33.0 ± 0.4	33.1 ± 0.4	33.2 ± 0.4	33.3 ± 0.4

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table C.2. Percent calories from saturated fat with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Percent Kcal from Saturated Fat with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	10.6 ± 0.1	10.3 ± 0.1	10.1 ± 0.1 †	9.6 ± 0.1 †
20 - 29	1,673	10.5 ± 0.1	10.2 ± 0.1	10.0 ± 0.1 †	9.6 ± 0.1 †
30 - 39	1,542	10.6 ± 0.1	10.4 ± 0.1	10.2 ± 0.1 †	9.7 ± 0.1 †
40 - 49	1,534	10.8 ± 0.2	10.5 ± 0.2	10.3 ± 0.2	9.8 ± 0.1 †
50 - 59	1,172	10.6 ± 0.2	10.3 ± 0.2	10.1 ± 0.2	9.6 ± 0.2 †
60 - 69	1,396	10.5 ± 0.1	10.2 ± 0.1	9.9 ± 0.1 †	9.4 ± 0.1 †
70+	1,664	10.3 ± 0.1	10.0 ± 0.1	9.7 ± 0.1 †	9.2 ± 0.1 †
Men 20+	4,228	10.6 ± 0.1	10.3 ± 0.1	10.1 ± 0.1 †	9.6 ± 0.1 †
20 - 29	693	10.4 ± 0.1	10.2 ± 0.1	10.0 ± 0.1	9.5 ± 0.1 †
30 - 39	678	10.6 ± 0.2	10.4 ± 0.2	10.1 ± 0.2	9.7 ± 0.1 †
40 - 49	756	10.7 ± 0.2	10.5 ± 0.2	10.2 ± 0.2	9.8 ± 0.2 †
50 - 59	589	10.6 ± 0.2	10.4 ± 0.2	10.2 ± 0.2	9.7 ± 0.2 †
60 - 69	682	10.5 ± 0.2	10.2 ± 0.2	10.0 ± 0.2	9.5 ± 0.2 †
70+	830	10.6 ± 0.2	10.3 ± 0.2	10.0 ± 0.2	9.5 ± 0.2 †
Women 20+	4,753	10.6 ± 0.1	10.3 ± 0.1	10.1 ± 0.1 †	9.5 ± 0.1 †
20 - 29	980	10.5 ± 0.2	10.3 ± 0.2	10.1 ± 0.2	9.6 ± 0.2 †
30 - 39	864	10.7 ± 0.2	10.4 ± 0.2	10.2 ± 0.2	9.7 ± 0.2 †
40 - 49	778	10.9 ± 0.2	10.6 ± 0.2	10.3 ± 0.2	9.8 ± 0.2 †
50 - 59	583	10.5 ± 0.2	10.3 ± 0.2	10.0 ± 0.2	9.5 ± 0.2 †
60 - 69	714	10.5 ± 0.2	10.2 ± 0.2	9.9 ± 0.2	9.3 ± 0.2 †
70+	834	10.1 ± 0.2	9.8 ± 0.2	9.5 ± 0.2	9.0 ± 0.2 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table C.3. Percent calories from monounsaturated fat with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Percent Kcal from Monounsaturated Fat with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	12.3 ± 0.1	13.1 ± 0.1 †	14.0 ± 0.1 †	15.7 ± 0.1 †
20 - 29	1,673	12.0 ± 0.1	12.8 ± 0.1 †	13.6 ± 0.2 †	15.3 ± 0.2 †
30 - 39	1,542	12.3 ± 0.1	13.2 ± 0.1 †	14.1 ± 0.2 †	15.8 ± 0.2 †
40 - 49	1,534	12.6 ± 0.1	13.4 ± 0.2 †	14.3 ± 0.2 †	16.0 ± 0.2 †
50 - 59	1,172	12.3 ± 0.2	13.2 ± 0.2 †	14.1 ± 0.3 †	15.8 ± 0.3 †
60 - 69	1,396	12.4 ± 0.1	13.3 ± 0.1 †	14.2 ± 0.1 †	16.0 ± 0.2 †
70+	1,664	11.9 ± 0.2	12.7 ± 0.2 †	13.6 ± 0.2 †	15.3 ± 0.2 †
Men 20+	4,228	12.4 ± 0.1	13.2 ± 0.1 †	14.0 ± 0.1 †	15.7 ± 0.1 †
20 - 29	693	11.9 ± 0.2	12.7 ± 0.2 †	13.5 ± 0.2 †	15.1 ± 0.3 †
30 - 39	678	12.4 ± 0.2	13.3 ± 0.2 †	14.1 ± 0.2 †	15.7 ± 0.3 †
40 - 49	756	12.6 ± 0.2	13.4 ± 0.3	14.2 ± 0.3 †	15.8 ± 0.3 †
50 - 59	589	12.5 ± 0.3	13.3 ± 0.3	14.2 ± 0.3 †	15.8 ± 0.4 †
60 - 69	682	12.6 ± 0.2	13.5 ± 0.2 †	14.4 ± 0.2 †	16.1 ± 0.2 †
70+	830	12.2 ± 0.2	13.0 ± 0.2 †	13.8 ± 0.2 †	15.4 ± 0.2 †
Women 20+	4,753	12.2 ± 0.1	13.1 ± 0.1 †	14.0 ± 0.1 †	15.8 ± 0.1 †
20 - 29	980	12.0 ± 0.2	12.9 ± 0.2 †	13.7 ± 0.2 †	15.4 ± 0.3 †
30 - 39	864	12.3 ± 0.2	13.1 ± 0.2 †	14.0 ± 0.2 †	15.8 ± 0.2 †
40 - 49	778	12.5 ± 0.2	13.4 ± 0.3	14.4 ± 0.3 †	16.2 ± 0.3 †
50 - 59	583	12.1 ± 0.2	13.0 ± 0.2 †	13.9 ± 0.2 †	15.8 ± 0.3 †
60 - 69	714	12.2 ± 0.2	13.1 ± 0.2 †	14.0 ± 0.2 †	15.9 ± 0.2 †
70+	834	11.7 ± 0.2	12.6 ± 0.2 †	13.5 ± 0.2 †	15.3 ± 0.2 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table C.4. Percent calories from polyunsaturated fat with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Percent Kcal from Polyunsaturated Fat with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	6.8 ± 0.1	6.3 ± 0.1 †	5.7 ± 0.0 †	4.6 ± 0.0 †
20 - 29	1,673	6.2 ± 0.1	5.6 ± 0.1 †	5.1 ± 0.1 †	3.9 ± 0.1 †
30 - 39	1,542	6.7 ± 0.1	6.1 ± 0.1 †	5.5 ± 0.1 †	4.4 ± 0.1 †
40 - 49	1,534	6.9 ± 0.1	6.3 ± 0.1 †	5.7 ± 0.1 †	4.6 ± 0.1 †
50 - 59	1,172	7.2 ± 0.1	6.6 ± 0.1 †	6.0 ± 0.1 †	4.8 ± 0.1 †
60 - 69	1,396	7.3 ± 0.1	6.7 ± 0.1 †	6.2 ± 0.1 †	5.1 ± 0.1 †
70+	1,664	7.2 ± 0.1	6.7 ± 0.1 †	6.2 ± 0.1 †	5.2 ± 0.1 †
Men 20+	4,228	6.6 ± 0.1	6.1 ± 0.1 †	5.5 ± 0.1 †	4.4 ± 0.1 †
20 - 29	693	6.0 ± 0.1	5.5 ± 0.1 †	4.9 ± 0.1 †	3.7 ± 0.1 †
30 - 39	678	6.5 ± 0.1	6.0 ± 0.1 †	5.4 ± 0.1 †	4.3 ± 0.1 †
40 - 49	756	6.7 ± 0.1	6.1 ± 0.1 †	5.6 ± 0.1 †	4.5 ± 0.1 †
50 - 59	589	7.0 ± 0.1	6.4 ± 0.1 †	5.8 ± 0.1 †	4.7 ± 0.1 †
60 - 69	682	7.2 ± 0.1	6.7 ± 0.1 †	6.1 ± 0.1 †	5.0 ± 0.1 †
70+	830	6.9 ± 0.1	6.4 ± 0.1 †	6.0 ± 0.1 †	5.1 ± 0.1 †
Women 20+	4,753	7.0 ± 0.1	6.5 ± 0.1 †	5.9 ± 0.1 †	4.7 ± 0.1 †
20 - 29	980	6.4 ± 0.1	5.8 ± 0.1 †	5.2 ± 0.1 †	4.0 ± 0.1 †
30 - 39	864	6.9 ± 0.2	6.3 ± 0.2 †	5.7 ± 0.1 †	4.5 ± 0.1 †
40 - 49	778	7.1 ± 0.2	6.5 ± 0.2	5.9 ± 0.1 †	4.7 ± 0.1 †
50 - 59	583	7.3 ± 0.1	6.7 ± 0.1 †	6.2 ± 0.1 †	5.0 ± 0.1 †
60 - 69	714	7.4 ± 0.1	6.8 ± 0.1 †	6.3 ± 0.1 †	5.2 ± 0.1 †
70+	834	7.4 ± 0.1	6.9 ± 0.1 †	6.3 ± 0.1 †	5.3 ± 0.1 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table D.1. Less than 30% calories from total fat (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Less than 30% Kcal from Total Fat (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	35.4 ± 1.0	35.2 ± 1.0	35.1 ± 1.0	34.7 ± 0.9
20 - 29	1,673	41.6 ± 1.3	41.6 ± 1.3	41.5 ± 1.3	41.5 ± 1.3
30 - 39	1,542	36.3 ± 1.7	36.1 ± 1.7	36.1 ± 1.7	35.7 ± 1.7
40 - 49	1,534	33.1 ± 1.7	33.1 ± 1.7	33.1 ± 1.7	32.7 ± 1.7
50 - 59	1,172	32.9 ± 1.9	32.7 ± 1.8	32.5 ± 1.8	32.0 ± 1.8
60 - 69	1,396	31.3 ± 1.7	30.9 ± 1.6	30.9 ± 1.6	30.3 ± 1.7
70+	1,664	35.1 ± 1.5	34.9 ± 1.6	34.7 ± 1.5	33.9 ± 1.5
Men 20+	4,228	35.7 ± 1.3	35.6 ± 1.3	35.5 ± 1.3	35.3 ± 1.3
20 - 29	693	43.4 ± 2.1	43.3 ± 2.1	43.3 ± 2.1	43.3 ± 2.1
30 - 39	678	36.3 ± 2.3	36.0 ± 2.2	36.0 ± 2.2	36.0 ± 2.2
40 - 49	756	35.2 ± 2.5	35.2 ± 2.5	35.1 ± 2.5	34.9 ± 2.5
50 - 59	589	32.3 ± 2.7	32.0 ± 2.6	31.9 ± 2.6	31.8 ± 2.6
60 - 69	682	28.7 ± 2.0	28.5 ± 1.9	28.5 ± 1.9	28.2 ± 1.9
70+	830	33.8 ± 2.0	33.6 ± 2.0	33.5 ± 2.0	32.5 ± 1.9
Women 20+	4,753	35.0 ± 1.1	34.9 ± 1.1	34.8 ± 1.1	34.2 ± 1.0
20 - 29	980	39.9 ± 2.0	39.9 ± 2.0	39.7 ± 1.9	39.6 ± 1.9
30 - 39	864	36.3 ± 2.4	36.1 ± 2.4	36.1 ± 2.4	35.3 ± 2.4
40 - 49	778	31.1 ± 2.1	31.1 ± 2.1	31.1 ± 2.1	30.7 ± 2.1
50 - 59	583	33.4 ± 2.0	33.4 ± 2.0	33.1 ± 1.8	32.3 ± 1.7
60 - 69	714	33.5 ± 2.4	33.0 ± 2.4	33.0 ± 2.4	32.1 ± 2.5
70+	834	36.1 ± 2.0	35.8 ± 2.1	35.6 ± 2.0	34.9 ± 2.0

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table D.2. Less than 35% calories from total fat (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Less than 35% Kcal from Total Fat (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	57.1 ± 1.1	56.9 ± 1.1	56.8 ± 1.0	56.5 ± 1.0
20 - 29	1,673	64.4 ± 1.2	64.3 ± 1.3	64.1 ± 1.3	64.0 ± 1.3
30 - 39	1,542	58.3 ± 1.9	58.2 ± 1.9	58.2 ± 1.9	58.1 ± 1.9
40 - 49	1,534	54.5 ± 1.7	54.3 ± 1.7	54.2 ± 1.7	53.9 ± 1.6
50 - 59	1,172	52.8 ± 2.4	52.7 ± 2.4	52.8 ± 2.4	52.7 ± 2.4
60 - 69	1,396	51.4 ± 1.7	51.4 ± 1.7	51.0 ± 1.7	50.5 ± 1.7
70+	1,664	58.9 ± 1.5	58.3 ± 1.6	58.1 ± 1.6	57.3 ± 1.6
Men 20+	4,228	57.2 ± 1.4	57.0 ± 1.4	56.9 ± 1.4	56.7 ± 1.3
20 - 29	693	66.9 ± 1.7	66.6 ± 1.7	66.6 ± 1.7	66.4 ± 1.7
30 - 39	678	58.3 ± 2.9	58.1 ± 3.0	58.3 ± 2.9	58.3 ± 2.9
40 - 49	756	54.8 ± 2.5	54.5 ± 2.5	54.2 ± 2.5	53.7 ± 2.4
50 - 59	589	52.6 ± 3.2	52.6 ± 3.2	52.9 ± 3.2	52.6 ± 3.2
60 - 69	682	49.5 ± 2.3	49.5 ± 2.3	48.9 ± 2.2	48.6 ± 2.2
70+	830	57.6 ± 1.9	56.8 ± 2.0	56.4 ± 2.0	55.8 ± 2.0
Women 20+	4,753	56.9 ± 1.0	56.8 ± 1.0	56.6 ± 1.0	56.4 ± 1.0
20 - 29	980	62.0 ± 2.0	61.9 ± 2.0	61.6 ± 2.1	61.6 ± 2.1
30 - 39	864	58.4 ± 1.8	58.4 ± 1.8	58.1 ± 1.8	57.8 ± 1.8
40 - 49	778	54.2 ± 3.0	54.2 ± 3.0	54.2 ± 3.0	54.2 ± 3.0
50 - 59	583	53.0 ± 2.3	52.7 ± 2.3	52.7 ± 2.3	52.7 ± 2.3
60 - 69	714	53.1 ± 2.3	53.1 ± 2.3	52.8 ± 2.4	52.2 ± 2.4
70+	834	59.9 ± 2.0	59.4 ± 2.1	59.2 ± 2.1	58.3 ± 2.1

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table D.3. Less than 7% calories from saturated fat (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Less than 7% Kcal from Saturated Fat (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	16.9 ± 0.7	18.4 ± 0.7	20.1 ± 0.8 †	25.0 ± 0.9 †
20 - 29	1,673	18.4 ± 1.6	20.0 ± 1.6	21.7 ± 1.6	26.3 ± 1.5 †
30 - 39	1,542	16.2 ± 1.1	17.2 ± 1.1	18.9 ± 1.1	23.6 ± 1.3 †
40 - 49	1,534	16.5 ± 1.5	18.0 ± 1.5	19.5 ± 1.5	23.8 ± 1.5 †
50 - 59	1,172	15.6 ± 1.4	17.2 ± 1.5	18.7 ± 1.6	23.8 ± 1.8 †
60 - 69	1,396	16.8 ± 1.3	18.1 ± 1.4	20.5 ± 1.5	27.0 ± 1.8 †
70+	1,664	18.5 ± 1.2	20.3 ± 1.4	22.4 ± 1.5	27.4 ± 1.5 †
Men 20+	4,228	17.7 ± 1.0	18.8 ± 1.0	20.7 ± 1.0	24.4 ± 1.1 †
20 - 29	693	18.7 ± 1.8	19.7 ± 1.8	21.3 ± 2.0	25.7 ± 1.9
30 - 39	678	18.7 ± 2.1	19.5 ± 2.1	21.4 ± 1.9	25.0 ± 2.1
40 - 49	756	18.2 ± 1.7	19.3 ± 1.8	21.1 ± 2.0	24.1 ± 2.0
50 - 59	589	15.0 ± 1.6	16.4 ± 1.6	18.3 ± 1.6	22.0 ± 1.9 †
60 - 69	682	17.8 ± 1.8	18.6 ± 1.9	21.0 ± 2.0	25.3 ± 2.3
70+	830	16.6 ± 1.5	18.7 ± 1.8	20.5 ± 1.9	25.0 ± 1.7 †
Women 20+	4,753	16.3 ± 0.8	17.9 ± 0.9	19.6 ± 0.9	25.5 ± 1.1 †
20 - 29	980	18.1 ± 2.4	20.2 ± 2.2	22.0 ± 2.0	26.9 ± 2.0 †
30 - 39	864	13.9 ± 1.5	15.1 ± 1.5	16.6 ± 1.7	22.3 ± 2.0 †
40 - 49	778	14.9 ± 1.7	16.7 ± 1.8	17.9 ± 1.9	23.5 ± 1.8 †
50 - 59	583	16.3 ± 1.7	18.0 ± 2.1	19.0 ± 2.2	25.5 ± 2.8 †
60 - 69	714	16.0 ± 1.8	17.6 ± 1.9	20.0 ± 2.1	28.5 ± 2.3 †
70+	834	19.8 ± 1.7	21.4 ± 1.7	23.7 ± 1.7	29.0 ± 1.9 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table D.4. Less than 10% calories from saturated fat (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Less than 10% Kcal from Saturated Fat (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	45.8 ± 0.9	48.5 ± 0.9	51.6 ± 0.8 †	57.4 ± 0.8 †
20 - 29	1,673	46.8 ± 1.1	49.4 ± 1.1	51.7 ± 1.2 †	56.4 ± 1.1 †
30 - 39	1,542	44.6 ± 1.8	47.7 ± 1.9	50.6 ± 1.9	56.1 ± 1.8 †
40 - 49	1,534	42.3 ± 1.9	45.2 ± 1.9	47.8 ± 1.7	54.2 ± 1.7 †
50 - 59	1,172	46.5 ± 2.3	48.9 ± 2.1	52.9 ± 2.0	57.4 ± 1.9 †
60 - 69	1,396	48.5 ± 1.8	51.4 ± 1.7	55.0 ± 1.3 †	61.5 ± 1.4 †
70+	1,664	49.4 ± 1.6	51.8 ± 1.6	55.9 ± 1.5 †	63.3 ± 1.7 †
Men 20+	4,228	45.8 ± 1.1	48.0 ± 1.1	50.8 ± 1.0 †	56.5 ± 1.0 †
20 - 29	693	47.2 ± 1.9	48.9 ± 1.9	51.1 ± 1.8	56.5 ± 1.6 †
30 - 39	678	45.2 ± 2.2	47.2 ± 2.2	50.4 ± 2.3	55.6 ± 2.3 †
40 - 49	756	42.3 ± 2.5	45.3 ± 2.5	47.6 ± 2.5	54.6 ± 2.6 †
50 - 59	589	47.2 ± 2.7	49.0 ± 2.4	51.6 ± 2.2	55.0 ± 2.2
60 - 69	682	49.4 ± 2.6	51.6 ± 2.6	55.8 ± 2.3	62.1 ± 2.3 †
70+	830	46.3 ± 1.9	48.8 ± 1.9	52.2 ± 1.8	59.4 ± 2.0 †
Women 20+	4,753	45.8 ± 1.1	49.0 ± 1.2	52.4 ± 1.1 †	58.2 ± 1.1 †
20 - 29	980	46.4 ± 1.7	49.9 ± 1.7	52.3 ± 1.9	56.3 ± 2.0 †
30 - 39	864	44.1 ± 2.4	48.2 ± 2.8	50.8 ± 2.8	56.6 ± 2.6 †
40 - 49	778	42.3 ± 2.5	45.1 ± 2.5	47.9 ± 2.3	53.7 ± 2.4 †
50 - 59	583	45.9 ± 2.9	48.9 ± 2.9	54.2 ± 2.7	59.8 ± 2.5 †
60 - 69	714	47.7 ± 2.7	51.2 ± 2.3	54.3 ± 2.2	61.0 ± 2.1 †
70+	834	51.5 ± 2.2	53.7 ± 2.2	58.4 ± 2.1	66.0 ± 2.3 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table D.5. Less than 15% calories from MUFA (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Less than 15% Kcal from MUFA (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	77.3 ± 0.8	68.8 ± 0.9 †	60.2 ± 1.1 †	45.7 ± 1.1 †
20 - 29	1,673	79.6 ± 1.0	70.5 ± 1.3 †	61.6 ± 1.6 †	48.3 ± 1.6 †
30 - 39	1,542	76.6 ± 1.6	68.4 ± 1.7 †	59.6 ± 1.4 †	45.0 ± 1.9 †
40 - 49	1,534	74.6 ± 1.2	66.6 ± 1.5 †	58.5 ± 1.6 †	44.0 ± 1.7 †
50 - 59	1,172	76.2 ± 2.1	67.9 ± 2.2	59.6 ± 2.4 †	45.6 ± 2.4 †
60 - 69	1,396	75.9 ± 1.5	67.7 ± 1.7 †	58.3 ± 1.5 †	43.1 ± 1.9 †
70+	1,664	82.7 ± 1.2	73.1 ± 1.3 †	64.5 ± 1.6 †	48.6 ± 1.6 †
Men 20+	4,228	76.1 ± 1.1	68.2 ± 1.3 †	60.3 ± 1.5 †	45.7 ± 1.4 †
20 - 29	693	81.2 ± 1.8	72.4 ± 2.2 †	64.0 ± 2.1 †	50.4 ± 2.4 †
30 - 39	678	75.8 ± 1.8	68.4 ± 2.4	60.6 ± 2.5 †	44.6 ± 2.7 †
40 - 49	756	72.3 ± 2.4	65.9 ± 2.6	57.5 ± 2.7 †	44.8 ± 2.5 †
50 - 59	589	74.1 ± 2.9	65.5 ± 3.4	58.6 ± 3.5 †	45.3 ± 3.4 †
60 - 69	682	75.0 ± 1.6	65.3 ± 1.9 †	56.7 ± 1.8 †	39.0 ± 2.1 †
70+	830	79.3 ± 1.5	71.9 ± 1.6 †	65.3 ± 1.9 †	49.1 ± 2.1 †
Women 20+	4,753	78.4 ± 0.8	69.4 ± 0.9 †	60.1 ± 1.0 †	45.7 ± 1.1 †
20 - 29	980	78.0 ± 1.9	68.7 ± 2.3 †	59.3 ± 2.3 †	46.3 ± 2.0 †
30 - 39	864	77.3 ± 1.8	68.3 ± 2.1 †	58.7 ± 1.9 †	45.3 ± 2.2 †
40 - 49	778	76.8 ± 2.0	67.3 ± 2.2 †	59.4 ± 2.4 †	43.2 ± 2.3 †
50 - 59	583	78.3 ± 2.1	70.1 ± 2.0 †	60.6 ± 2.6 †	45.9 ± 2.3 †
60 - 69	714	76.6 ± 2.2	69.8 ± 2.2	59.7 ± 2.0 †	46.6 ± 2.4 †
70+	834	85.0 ± 1.5	73.9 ± 1.6 †	63.9 ± 2.1 †	48.2 ± 2.0 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table D.6. Less than 20% calories from MUFA (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Less than 20% Kcal from MUFA (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	96.6 ± 0.2	94.5 ± 0.3 †	90.7 ± 0.5 †	80.1 ± 0.8 †
20 - 29	1,673	97.4 ± 0.5	95.7 ± 0.5	92.8 ± 0.8 †	83.1 ± 1.0 †
30 - 39	1,542	96.7 ± 0.4	94.6 ± 0.7	90.4 ± 1.0 †	79.7 ± 1.6 †
40 - 49	1,534	95.2 ± 0.6	92.2 ± 0.9 †	88.7 ± 1.0 †	77.8 ± 1.3 †
50 - 59	1,172	96.9 ± 0.6	95.3 ± 0.8	90.2 ± 1.4 †	77.8 ± 2.1 †
60 - 69	1,396	96.9 ± 0.6	94.6 ± 0.6	90.2 ± 0.9 †	79.0 ± 1.3 †
70+	1,664	97.3 ± 0.5	95.9 ± 0.6	92.8 ± 0.9 †	84.1 ± 1.5 †
Men 20+	4,228	96.4 ± 0.4	94.4 ± 0.5 †	90.3 ± 0.7 †	80.6 ± 0.9 †
20 - 29	693	97.7 ± 0.9	95.9 ± 1.0	92.4 ± 1.5 †	84.3 ± 1.8 †
30 - 39	678	96.9 ± 0.5	94.2 ± 1.1	90.0 ± 1.4 †	80.3 ± 2.1 †
40 - 49	756	95.4 ± 0.8	93.3 ± 1.2	89.5 ± 1.2 †	79.5 ± 2.3 †
50 - 59	589	96.1 ± 1.0	94.9 ± 1.2	89.1 ± 1.7 †	76.4 ± 2.8 †
60 - 69	682	95.9 ± 0.9	93.6 ± 1.0	90.7 ± 1.5 †	80.2 ± 1.2 †
70+	830	96.6 ± 0.7	94.9 ± 0.8	90.6 ± 1.1 †	84.0 ± 1.6 †
Women 20+	4,753	96.8 ± 0.3	94.6 ± 0.4 †	91.1 ± 0.6 †	79.6 ± 0.8 †
20 - 29	980	97.2 ± 0.8	95.5 ± 0.9	93.2 ± 1.3 †	81.9 ± 1.5 †
30 - 39	864	96.6 ± 0.6	94.9 ± 0.6	90.8 ± 1.0 †	79.2 ± 1.8 †
40 - 49	778	95.1 ± 1.1	91.1 ± 1.5	88.0 ± 1.7 †	76.2 ± 2.2 †
50 - 59	583	97.8 ± 0.4	95.6 ± 1.0	91.3 ± 1.7 †	79.2 ± 1.9 †
60 - 69	714	97.7 ± 0.6	95.4 ± 0.8	89.8 ± 0.9 †	78.0 ± 1.8 †
70+	834	97.8 ± 0.5	96.6 ± 0.8	94.2 ± 1.0 †	84.2 ± 1.7 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table D.7. Less than 10% calories from PUFA (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Less than 10% Kcal from PUFA (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	85.6 ± 0.5	90.2 ± 0.5 †	93.0 ± 0.4 †	97.2 ± 0.2 †
20 - 29	1,673	90.3 ± 0.8	94.4 ± 0.7 †	96.3 ± 0.6 †	98.8 ± 0.3 †
30 - 39	1,542	86.5 ± 1.2	90.9 ± 1.1	94.1 ± 0.9 †	97.3 ± 0.7 †
40 - 49	1,534	86.5 ± 1.0	90.7 ± 0.9 †	93.0 ± 0.8 †	96.7 ± 0.5 †
50 - 59	1,172	82.1 ± 1.3	87.0 ± 1.1 †	90.1 ± 1.0 †	96.4 ± 0.5 †
60 - 69	1,396	81.8 ± 1.3	87.3 ± 1.2 †	91.3 ± 1.0 †	97.1 ± 0.6 †
70+	1,664	83.5 ± 1.2	88.7 ± 0.9 †	91.7 ± 0.7 †	96.2 ± 0.5 †
Men 20+	4,228	87.2 ± 0.7	91.4 ± 0.5 †	94.1 ± 0.5 †	97.5 ± 0.3 †
20 - 29	693	92.0 ± 1.2	95.2 ± 0.9	96.5 ± 0.8 †	98.9 ± 0.4 †
30 - 39	678	88.6 ± 1.5	91.9 ± 1.2	94.5 ± 1.1 †	98.2 ± 0.6 †
40 - 49	756	87.5 ± 1.3	92.0 ± 1.1	94.5 ± 0.9 †	96.8 ± 0.7 †
50 - 59	589	83.4 ± 1.6	89.2 ± 1.4	92.5 ± 1.4 †	96.6 ± 0.8 †
60 - 69	682	81.7 ± 1.9	87.3 ± 1.5	91.6 ± 1.4 †	97.0 ± 1.0 †
70+	830	86.1 ± 1.2	89.8 ± 0.9	92.6 ± 0.9 †	96.8 ± 0.7 †
Women 20+	4,753	84.2 ± 0.7	89.2 ± 0.7 †	92.1 ± 0.6 †	96.9 ± 0.3 †
20 - 29	980	88.7 ± 1.1	93.6 ± 1.0 †	96.1 ± 0.8 †	98.8 ± 0.5 †
30 - 39	864	84.5 ± 1.9	89.9 ± 1.7	93.7 ± 1.4 †	96.5 ± 1.1 †
40 - 49	778	85.4 ± 1.7	89.5 ± 1.4	91.5 ± 1.4	96.7 ± 0.9 †
50 - 59	583	80.8 ± 1.8	84.9 ± 1.7	87.7 ± 1.5 †	96.3 ± 0.8 †
60 - 69	714	81.8 ± 1.6	87.3 ± 1.4	91.0 ± 1.1 †	97.1 ± 0.8 †
70+	834	81.7 ± 1.6	88.0 ± 1.4 †	91.1 ± 1.1 †	95.8 ± 0.7 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table E.1. Linolenic acid (% of AI) in adults with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Linolenic (18:3) Fatty Acid (% of AI) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	113.4 ± 1.4	134.4 ± 1.6 †	155.5 ± 1.8 †	197.7 ± 2.3 †
20 - 29	1,673	110.8 ± 2.4	131.6 ± 2.6 †	152.3 ± 2.9 †	193.8 ± 3.6 †
30 - 39	1,543	118.4 ± 3.0	140.8 ± 3.5 †	163.2 ± 4.0 †	208.0 ± 5.0 †
40 - 49	1,534	117.4 ± 2.8	139.0 ± 3.2 †	160.6 ± 3.7 †	203.9 ± 4.9 †
50 - 59	1,172	119.5 ± 3.4	140.3 ± 3.9 †	161.1 ± 4.5 †	202.8 ± 5.8 †
60 - 69	1,396	109.3 ± 3.5	129.9 ± 4.0 †	150.6 ± 4.5 †	191.9 ± 5.6 †
70+	1,665	96.1 ± 1.6	115.1 ± 1.9 †	134.0 ± 2.2 †	171.8 ± 2.9 †
Men 20+	4,229	106.8 ± 1.6	126.3 ± 1.8 †	145.8 ± 2.0 †	184.7 ± 2.5 †
20 - 29	693	107.5 ± 3.2	127.0 ± 3.5 †	146.5 ± 3.9 †	185.5 ± 4.7 †
30 - 39	679	112.2 ± 3.1	133.5 ± 3.6 †	154.8 ± 4.2 †	197.4 ± 5.5 †
40 - 49	756	110.2 ± 3.1	129.9 ± 3.6 †	149.6 ± 4.1 †	189.1 ± 5.2 †
50 - 59	589	110.9 ± 4.0	129.9 ± 4.7 †	148.8 ± 5.5 †	186.8 ± 7.2 †
60 - 69	682	102.1 ± 4.4	120.7 ± 5.0 †	139.3 ± 5.6 †	176.6 ± 7.0 †
70+	830	84.5 ± 1.7	101.1 ± 2.0 †	117.7 ± 2.2 †	151.0 ± 2.8 †
Women 20+	4,754	119.3 ± 1.9	141.9 ± 2.2 †	164.4 ± 2.5 †	209.5 ± 3.2 †
20 - 29	980	114.1 ± 3.0	136.1 ± 3.3 †	158.1 ± 3.7 †	202.0 ± 4.6 †
30 - 39	864	124.4 ± 5.0	147.9 ± 5.7 †	171.3 ± 6.5 †	218.1 ± 8.0 †
40 - 49	778	124.2 ± 4.4	147.7 ± 5.2 †	171.2 ± 6.0 †	218.2 ± 7.9 †
50 - 59	583	127.8 ± 5.0	150.4 ± 5.8 †	173.1 ± 6.6 †	218.3 ± 8.4 †
60 - 69	714	115.6 ± 4.4	138.0 ± 5.0 †	160.4 ± 5.7 †	205.3 ± 7.2 †
70+	835	104.0 ± 2.5	124.4 ± 3.0 †	144.9 ± 3.5 †	185.8 ± 4.6 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table E.2. Percent of adults meeting linolenic AI with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Percent Meeting AI for Linolenic Acid with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,983	46.3 ± 0.8	57.5 ± 0.8 †	65.7 ± 0.9 †	77.1 ± 0.7 †
20 - 29	1,673	45.4 ± 1.3	58.0 ± 1.2 †	66.8 ± 1.5 †	78.0 ± 1.5 †
30 - 39	1,543	50.2 ± 1.8	60.8 ± 1.5 †	69.4 ± 1.4 †	79.5 ± 1.4 †
40 - 49	1,534	48.7 ± 1.5	60.6 ± 1.5 †	66.8 ± 1.7 †	79.0 ± 1.3 †
50 - 59	1,172	47.0 ± 1.6	57.1 ± 2.0 †	65.0 ± 2.1 †	77.2 ± 1.3 †
60 - 69	1,396	42.8 ± 1.8	52.0 ± 1.8 †	60.8 ± 1.7 †	73.3 ± 1.8 †
70+	1,665	38.4 ± 1.3	50.7 ± 1.3 †	60.7 ± 1.4 †	71.4 ± 1.3 †
Men 20+	4,229	43.5 ± 0.9	54.7 ± 0.8 †	62.5 ± 1.0 †	74.7 ± 1.0 †
20 - 29	693	44.2 ± 1.8	55.5 ± 1.6 †	63.5 ± 2.2 †	74.3 ± 1.9 †
30 - 39	679	48.5 ± 2.0	60.1 ± 2.1 †	67.1 ± 2.1 †	77.2 ± 1.8 †
40 - 49	756	47.0 ± 2.0	58.4 ± 1.9 †	64.0 ± 1.8 †	76.5 ± 1.5 †
50 - 59	589	43.1 ± 2.2	54.0 ± 2.3 †	62.8 ± 2.5 †	76.5 ± 2.2 †
60 - 69	682	38.7 ± 2.8	47.4 ± 2.9 †	56.4 ± 2.4 †	70.8 ± 2.4 †
70+	830	29.2 ± 1.7	42.0 ± 1.7 †	53.5 ± 1.8 †	66.6 ± 2.0 †
Women 20+	4,754	48.8 ± 1.1	60.1 ± 1.0 †	68.6 ± 1.1 †	79.4 ± 0.9 †
20 - 29	980	46.6 ± 2.0	60.5 ± 1.9 †	70.1 ± 1.8 †	81.6 ± 1.7 †
30 - 39	864	51.8 ± 2.7	61.5 ± 2.5 †	71.6 ± 2.0 †	81.7 ± 1.8 †
40 - 49	778	50.3 ± 2.4	62.6 ± 2.0 †	69.5 ± 2.4 †	81.3 ± 2.2 †
50 - 59	583	50.9 ± 2.4	60.0 ± 2.2 †	67.2 ± 2.2 †	77.8 ± 1.6 †
60 - 69	714	46.3 ± 2.5	56.2 ± 2.2 †	64.7 ± 1.9 †	75.5 ± 2.4 †
70+	835	44.6 ± 2.1	56.5 ± 2.1 †	65.6 ± 2.0 †	74.7 ± 1.8 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

Table E.3. Less than 300 mg cholesterol (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine^{1,2,3}

Gender and Age (y)	Sample Number	Less than 300 mg Cholesterol (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	8,981	66.0 ± 0.7	66.1 ± 0.7	66.2 ± 0.7	66.4 ± 0.6
20 - 29	1,673	67.3 ± 1.4	67.6 ± 1.4	67.6 ± 1.4	67.7 ± 1.4
30 - 39	1,542	61.1 ± 1.7	61.1 ± 1.7	61.3 ± 1.7	61.6 ± 1.7
40 - 49	1,534	64.0 ± 1.6	64.1 ± 1.6	64.2 ± 1.6	64.2 ± 1.6
50 - 59	1,172	64.3 ± 1.7	64.3 ± 1.7	64.3 ± 1.7	64.6 ± 1.6
60 - 69	1,396	68.0 ± 2.0	68.0 ± 2.0	68.4 ± 2.0	69.1 ± 1.9
70+	1,664	76.6 ± 1.2	76.9 ± 1.2	77.1 ± 1.1	77.2 ± 1.1
Men 20+	4,228	56.9 ± 1.1	56.9 ± 1.0	57.0 ± 1.1	57.3 ± 1.0
20 - 29	693	59.1 ± 2.3	59.3 ± 2.2	59.3 ± 2.2	59.4 ± 2.2
30 - 39	678	50.1 ± 2.2	50.1 ± 2.2	50.1 ± 2.2	50.6 ± 2.2
40 - 49	756	55.9 ± 2.2	55.9 ± 2.2	56.0 ± 2.2	56.0 ± 2.2
50 - 59	589	53.0 ± 2.3	53.0 ± 2.3	53.0 ± 2.3	53.3 ± 2.3
60 - 69	682	63.2 ± 2.6	63.2 ± 2.6	63.2 ± 2.6	63.8 ± 2.4
70+	830	69.4 ± 1.9	69.6 ± 2.0	70.0 ± 1.8	70.3 ± 1.8
Women 20+	4,753	74.3 ± 0.7	74.5 ± 0.7	74.7 ± 0.7	74.8 ± 0.7
20 - 29	980	75.5 ± 1.7	75.8 ± 1.6	75.9 ± 1.6	75.9 ± 1.6
30 - 39	864	71.6 ± 1.9	71.6 ± 1.9	72.1 ± 1.8	72.1 ± 1.8
40 - 49	778	71.8 ± 2.0	72.0 ± 2.0	72.0 ± 2.0	72.0 ± 2.0
50 - 59	583	75.2 ± 2.1	75.2 ± 2.1	75.2 ± 2.1	75.6 ± 2.0
60 - 69	714	72.2 ± 2.8	72.2 ± 2.8	73.0 ± 2.8	73.7 ± 2.7
70+	834	81.5 ± 1.4	81.8 ± 1.4	81.8 ± 1.4	81.8 ± 1.4

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

† Significantly different from baseline (95% confidence intervals do not overlap).

F.1. Energy intakes of high-fat users with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Energy (Kcal/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	2265 ± 17	2266 ± 17	2267 ± 17	2268 ± 17
20 - 29	966	2491 ± 40	2492 ± 40	2492 ± 40	2493 ± 40
30 - 39	946	2508 ± 46	2509 ± 46	2509 ± 47	2510 ± 47
40 - 49	978	2360 ± 33	2360 ± 33	2361 ± 33	2362 ± 33
50 - 59	766	2192 ± 35	2193 ± 35	2194 ± 35	2196 ± 35
60 - 69	897	1999 ± 38	2000 ± 38	2002 ± 38	2005 ± 38
70+	1,047	1695 ± 21	1696 ± 21	1697 ± 21	1700 ± 21
Men 20+	2,619	2675 ± 27	2676 ± 28	2677 ± 28	2678 ± 28
20 - 29	381	2905 ± 59	2906 ± 59	2906 ± 59	2906 ± 59
30 - 39	412	2949 ± 59	2949 ± 59	2950 ± 59	2951 ± 59
40 - 49	453	2868 ± 46	2868 ± 46	2869 ± 46	2870 ± 46
50 - 59	387	2546 ± 61	2547 ± 61	2547 ± 61	2549 ± 61
60 - 69	453	2298 ± 72	2299 ± 72	2301 ± 72	2303 ± 72
70+	533	1945 ± 25	1946 ± 25	1947 ± 25	1949 ± 25
Women 20+	2,981	1893 ± 20	1894 ± 20	1894 ± 20	1896 ± 20
20 - 29	585	2105 ± 51	2105 ± 51	2106 ± 51	2107 ± 51
30 - 39	534	2089 ± 46	2089 ± 46	2090 ± 46	2091 ± 46
40 - 49	525	1902 ± 32	1902 ± 32	1902 ± 32	1903 ± 32
50 - 59	379	1843 ± 52	1844 ± 52	1846 ± 52	1849 ± 53
60 - 69	444	1719 ± 45	1720 ± 45	1722 ± 45	1725 ± 45
70+	514	1520 ± 31	1522 ± 31	1523 ± 31	1527 ± 31

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

F.2. Cholesterol intakes of high-fat users with canola oil & canola margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Cholesterol (mg/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	325.5 ± 3.6	324.6 ± 3.7	323.7 ± 3.7	322.0 ± 3.7
20 - 29	966	337.9 ± 11.5	337.4 ± 11.5	336.9 ± 11.5	335.8 ± 11.4
30 - 39	946	354.0 ± 8.1	353.2 ± 8.0	352.4 ± 8.0	350.8 ± 7.9
40 - 49	978	330.3 ± 10.1	329.3 ± 10.1	328.3 ± 10.0	326.4 ± 9.9
50 - 59	766	330.9 ± 13.0	330.1 ± 13.0	329.3 ± 13.0	327.6 ± 12.9
60 - 69	897	309.0 ± 11.3	307.9 ± 11.3	306.9 ± 11.2	304.7 ± 11.1
70+	1,047	256.6 ± 7.6	255.4 ± 7.6	254.3 ± 7.6	252.1 ± 7.6
Men 20+	2,619	387.3 ± 6.8	386.3 ± 6.8	385.3 ± 6.8	383.4 ± 6.8
20 - 29	381	393.6 ± 13.9	393.0 ± 13.8	392.5 ± 13.8	391.3 ± 13.7
30 - 39	412	430.3 ± 16.2	429.2 ± 16.1	428.0 ± 15.9	425.8 ± 15.7
40 - 49	453	394.4 ± 15.6	393.4 ± 15.5	392.3 ± 15.5	390.2 ± 15.4
50 - 59	387	394.7 ± 23.5	393.8 ± 23.4	393.0 ± 23.4	391.3 ± 23.3
60 - 69	453	349.9 ± 18.2	349.0 ± 18.1	348.1 ± 18.0	346.3 ± 17.9
70+	533	301.2 ± 11.5	299.7 ± 11.4	298.2 ± 11.4	295.3 ± 11.3
Women 20+	2,981	269.3 ± 4.5	268.6 ± 4.5	267.8 ± 4.4	266.3 ± 4.4
20 - 29	585	285.9 ± 13.3	285.4 ± 13.2	284.9 ± 13.2	284.0 ± 13.1
30 - 39	534	281.4 ± 10.8	280.9 ± 10.8	280.4 ± 10.7	279.4 ± 10.7
40 - 49	525	272.4 ± 9.7	271.5 ± 9.5	270.7 ± 9.4	268.9 ± 9.2
50 - 59	379	268.1 ± 12.4	267.3 ± 12.4	266.5 ± 12.4	265.0 ± 12.4
60 - 69	444	270.7 ± 15.3	269.4 ± 15.3	268.2 ± 15.3	265.7 ± 15.3
70+	514	225.5 ± 10.3	224.6 ± 10.3	223.8 ± 10.3	222.0 ± 10.3

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

F.3. Total fat intakes of high-fat users with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Total Fat (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	97.7 ± 0.7	97.8 ± 0.7	97.9 ± 0.7	98.1 ± 0.7
20 - 29	966	103.7 ± 1.8	103.7 ± 1.7	103.8 ± 1.7	103.9 ± 1.7
30 - 39	946	107.5 ± 2.0	107.6 ± 2.0	107.6 ± 2.0	107.8 ± 2.0
40 - 49	978	103.7 ± 1.4	103.8 ± 1.4	103.9 ± 1.4	104.0 ± 1.4
50 - 59	766	96.6 ± 1.7	96.7 ± 1.7	96.8 ± 1.7	97.1 ± 1.7
60 - 69	897	87.1 ± 1.9	87.3 ± 1.9	87.5 ± 1.9	87.8 ± 1.9
70+	1,047	72.3 ± 1.1	72.4 ± 1.1	72.6 ± 1.1	73.0 ± 1.1
Men 20+	2,619	115.5 ± 1.3	115.6 ± 1.3	115.7 ± 1.3	115.8 ± 1.3
20 - 29	381	120.7 ± 2.6	120.8 ± 2.6	120.8 ± 2.6	120.9 ± 2.6
30 - 39	412	126.5 ± 2.6	126.6 ± 2.6	126.7 ± 2.6	126.8 ± 2.6
40 - 49	453	126.1 ± 2.2	126.2 ± 2.2	126.2 ± 2.2	126.4 ± 2.2
50 - 59	387	112.4 ± 3.1	112.5 ± 3.1	112.6 ± 3.1	112.7 ± 3.1
60 - 69	453	99.3 ± 3.3	99.5 ± 3.3	99.7 ± 3.3	100.0 ± 3.3
70+	533	83.7 ± 1.4	83.8 ± 1.4	84.0 ± 1.4	84.3 ± 1.4
Women 20+	2,981	81.6 ± 0.9	81.7 ± 0.9	81.8 ± 0.9	82.0 ± 0.9
20 - 29	585	87.8 ± 2.4	87.8 ± 2.4	87.9 ± 2.3	88.1 ± 2.3
30 - 39	534	89.3 ± 1.9	89.4 ± 1.9	89.5 ± 1.9	89.6 ± 2.0
40 - 49	525	83.6 ± 1.7	83.6 ± 1.7	83.7 ± 1.7	83.7 ± 1.7
50 - 59	379	81.0 ± 2.7	81.2 ± 2.8	81.3 ± 2.8	81.7 ± 2.8
60 - 69	444	75.7 ± 2.1	75.9 ± 2.1	76.1 ± 2.1	76.4 ± 2.1
70+	514	64.3 ± 1.5	64.5 ± 1.5	64.7 ± 1.5	65.1 ± 1.5

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

F.4. Saturated fat intakes of high-fat users with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Saturated Fat (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	31.3 ± 0.3	30.6 ± 0.3	29.8 ± 0.3 †	28.4 ± 0.3 †
20 - 29	966	34.9 ± 0.6	34.2 ± 0.6	33.5 ± 0.6	32.0 ± 0.6 †
30 - 39	946	34.9 ± 0.7	34.1 ± 0.7	33.3 ± 0.7	31.8 ± 0.7 †
40 - 49	978	33.2 ± 0.6	32.4 ± 0.6	31.6 ± 0.6	30.1 ± 0.5 †
50 - 59	766	30.0 ± 0.6	29.3 ± 0.6	28.6 ± 0.6	27.2 ± 0.5 †
60 - 69	897	26.7 ± 0.6	26.0 ± 0.6	25.3 ± 0.6	23.9 ± 0.5 †
70+	1,047	22.4 ± 0.4	21.8 ± 0.4	21.2 ± 0.4	20.0 ± 0.4 †
Men 20+	2,619	37.2 ± 0.5	36.4 ± 0.4	35.6 ± 0.4	33.9 ± 0.4 †
20 - 29	381	40.7 ± 1.0	39.8 ± 1.0	39.0 ± 0.9	37.3 ± 0.9
30 - 39	412	41.6 ± 0.9	40.6 ± 0.9	39.7 ± 0.9	37.9 ± 0.9 †
40 - 49	453	40.7 ± 1.0	39.9 ± 1.0	39.0 ± 1.0	37.3 ± 1.0
50 - 59	387	34.9 ± 1.1	34.1 ± 1.0	33.4 ± 1.0	31.8 ± 1.0
60 - 69	453	30.2 ± 1.0	29.5 ± 1.0	28.8 ± 1.0	27.4 ± 0.9
70+	533	26.6 ± 0.5	25.9 ± 0.5	25.2 ± 0.5	23.8 ± 0.5 †
Women 20+	2,981	25.9 ± 0.3	25.3 ± 0.3	24.6 ± 0.3 †	23.4 ± 0.3 †
20 - 29	585	29.6 ± 0.9	29.0 ± 0.9	28.3 ± 0.9	27.1 ± 0.9
30 - 39	534	28.6 ± 0.7	27.9 ± 0.7	27.3 ± 0.7	26.0 ± 0.6 †
40 - 49	525	26.3 ± 0.6	25.7 ± 0.6	25.0 ± 0.5	23.7 ± 0.5 †
50 - 59	379	25.1 ± 0.8	24.5 ± 0.8	23.9 ± 0.8	22.6 ± 0.8
60 - 69	444	23.3 ± 0.8	22.7 ± 0.8	22.0 ± 0.7	20.7 ± 0.7
70+	514	19.5 ± 0.5	19.0 ± 0.5	18.5 ± 0.5	17.4 ± 0.5 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

F.5. Monounsaturated fat intakes of high-fat users with canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Monounsaturated Fat (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	36.4 ± 0.3	38.9 ± 0.3 †	41.4 ± 0.3 †	46.5 ± 0.3 †
20 - 29	966	39.7 ± 0.8	42.4 ± 0.8	45.1 ± 0.8 †	50.6 ± 0.9 †
30 - 39	946	40.6 ± 0.9	43.4 ± 0.9	46.2 ± 1.0 †	51.9 ± 1.1 †
40 - 49	978	38.7 ± 0.5	41.3 ± 0.6 †	43.9 ± 0.6 †	49.1 ± 0.7 †
50 - 59	766	35.0 ± 0.7	37.5 ± 0.7	40.1 ± 0.8 †	45.1 ± 0.9 †
60 - 69	897	31.8 ± 0.8	34.1 ± 0.8	36.5 ± 0.9 †	41.1 ± 1.0 †
70+	1,047	26.1 ± 0.5	28.0 ± 0.5 †	29.9 ± 0.5 †	33.6 ± 0.5 †
Men 20+	2,619	43.4 ± 0.5	46.3 ± 0.5 †	49.2 ± 0.5 †	54.9 ± 0.6 †
20 - 29	381	46.3 ± 1.1	49.4 ± 1.1	52.6 ± 1.2 †	58.9 ± 1.3 †
30 - 39	412	48.1 ± 1.1	51.3 ± 1.2	54.6 ± 1.3 †	61.0 ± 1.5 †
40 - 49	453	47.5 ± 0.8	50.6 ± 0.9	53.6 ± 1.0 †	59.6 ± 1.2 †
50 - 59	387	41.5 ± 1.1	44.2 ± 1.2	47.0 ± 1.3 †	52.5 ± 1.4 †
60 - 69	453	36.6 ± 1.4	39.2 ± 1.5	41.8 ± 1.6	46.9 ± 1.8 †
70+	533	30.6 ± 0.6	32.6 ± 0.6	34.6 ± 0.6 †	38.6 ± 0.7 †
Women 20+	2,981	30.0 ± 0.4	32.2 ± 0.4 †	34.4 ± 0.4 †	38.9 ± 0.5 †
20 - 29	585	33.6 ± 1.0	35.9 ± 1.0	38.2 ± 1.0 †	42.9 ± 1.1 †
30 - 39	534	33.4 ± 0.8	35.8 ± 0.9	38.3 ± 1.0 †	43.2 ± 1.2 †
40 - 49	525	30.7 ± 0.7	32.9 ± 0.7	35.2 ± 0.8 †	39.7 ± 0.9 †
50 - 59	379	28.7 ± 1.1	31.0 ± 1.2	33.2 ± 1.3	37.8 ± 1.5 †
60 - 69	444	27.3 ± 0.8	29.4 ± 0.9	31.5 ± 0.9 †	35.7 ± 1.0 †
70+	514	23.0 ± 0.6	24.8 ± 0.7	26.6 ± 0.7 †	30.1 ± 0.8 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

F.6. Polyunsaturated fat intakes of high-fat users with canola oil canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Polyunsaturated Fat (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	19.8 ± 0.2	18.1 ± 0.2 †	16.5 ± 0.2 †	13.1 ± 0.2 †
20 - 29	966	20.0 ± 0.4	18.1 ± 0.4 †	16.2 ± 0.4 †	12.4 ± 0.3 †
30 - 39	946	21.5 ± 0.5	19.6 ± 0.5 †	17.6 ± 0.4 †	13.8 ± 0.4 †
40 - 49	978	20.6 ± 0.5	18.9 ± 0.4 †	17.1 ± 0.4 †	13.6 ± 0.4 †
50 - 59	766	20.3 ± 0.5	18.7 ± 0.4	17.0 ± 0.4 †	13.7 ± 0.4 †
60 - 69	897	18.5 ± 0.6	17.1 ± 0.5	15.7 ± 0.5 †	12.9 ± 0.4 †
70+	1,047	15.5 ± 0.3	14.4 ± 0.2 †	13.4 ± 0.2 †	11.3 ± 0.2 †
Men 20+	2,619	22.7 ± 0.4	20.8 ± 0.4 †	18.9 ± 0.3 †	15.0 ± 0.3 †
20 - 29	381	23.0 ± 0.7	20.7 ± 0.7	18.5 ± 0.7 †	14.0 ± 0.7 †
30 - 39	412	24.5 ± 0.8	22.3 ± 0.7	20.1 ± 0.7 †	15.8 ± 0.6 †
40 - 49	453	24.2 ± 0.6	22.2 ± 0.5	20.2 ± 0.5 †	16.1 ± 0.5 †
50 - 59	387	23.1 ± 0.8	21.2 ± 0.8	19.3 ± 0.7 †	15.6 ± 0.7 †
60 - 69	453	21.0 ± 0.9	19.4 ± 0.8	17.8 ± 0.8	14.5 ± 0.6 †
70+	533	16.8 ± 0.4	15.7 ± 0.4	14.7 ± 0.4 †	12.5 ± 0.4 †
Women 20+	2,981	17.2 ± 0.3	15.7 ± 0.3 †	14.3 ± 0.2 †	11.4 ± 0.2 †
20 - 29	585	17.3 ± 0.5	15.7 ± 0.5	14.1 ± 0.4 †	10.9 ± 0.5 †
30 - 39	534	18.7 ± 0.6	17.0 ± 0.6	15.3 ± 0.5 †	11.9 ± 0.5 †
40 - 49	525	17.4 ± 0.5	15.9 ± 0.5	14.4 ± 0.5 †	11.4 ± 0.4 †
50 - 59	379	17.6 ± 0.8	16.2 ± 0.7	14.7 ± 0.6 †	11.9 ± 0.5 †
60 - 69	444	16.2 ± 0.5	15.0 ± 0.5	13.8 ± 0.5 †	11.4 ± 0.5 †
70+	514	14.5 ± 0.4	13.5 ± 0.3	12.5 ± 0.3 †	10.5 ± 0.3 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

F.7. Stearic (18:0) fatty acid intakes of high-fat users with canola & canola oil margarine replacing selected oils, butter & margarine

Gender and Age (y)	Sample Number	Stearic (18:0) Fatty Acid (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	8.2 ± 0.1	8.0 ± 0.1	7.9 ± 0.1 †	7.5 ± 0.1 †
20 - 29	966	9.1 ± 0.2	9.0 ± 0.2	8.8 ± 0.2	8.5 ± 0.2
30 - 39	946	9.2 ± 0.2	9.0 ± 0.2	8.8 ± 0.2	8.5 ± 0.2
40 - 49	978	8.6 ± 0.2	8.5 ± 0.2	8.3 ± 0.2	8.0 ± 0.1 †
50 - 59	766	7.8 ± 0.2	7.6 ± 0.2	7.5 ± 0.2	7.2 ± 0.2 †
60 - 69	897	7.0 ± 0.2	6.8 ± 0.2	6.7 ± 0.2	6.4 ± 0.1 †
70+	1,047	5.8 ± 0.1	5.7 ± 0.1	5.6 ± 0.1	5.3 ± 0.1 †
Men 20+	2,619	9.8 ± 0.1	9.6 ± 0.1	9.4 ± 0.1	9.0 ± 0.1 †
20 - 29	381	10.7 ± 0.2	10.5 ± 0.2	10.3 ± 0.2	9.9 ± 0.2
30 - 39	412	10.9 ± 0.2	10.7 ± 0.2	10.5 ± 0.2	10.1 ± 0.2
40 - 49	453	10.7 ± 0.3	10.5 ± 0.3	10.3 ± 0.3	9.9 ± 0.3
50 - 59	387	9.2 ± 0.3	9.0 ± 0.3	8.8 ± 0.3	8.5 ± 0.2
60 - 69	453	8.0 ± 0.3	7.8 ± 0.3	7.7 ± 0.3	7.4 ± 0.2
70+	533	6.9 ± 0.1	6.8 ± 0.1	6.6 ± 0.1	6.4 ± 0.1 †
Women 20+	2,981	6.7 ± 0.1	6.6 ± 0.1	6.4 ± 0.1	6.2 ± 0.1 †
20 - 29	585	7.7 ± 0.3	7.6 ± 0.3	7.4 ± 0.2	7.1 ± 0.2
30 - 39	534	7.5 ± 0.2	7.4 ± 0.2	7.2 ± 0.2	6.9 ± 0.2
40 - 49	525	6.8 ± 0.2	6.7 ± 0.2	6.5 ± 0.2	6.2 ± 0.2
50 - 59	379	6.4 ± 0.2	6.3 ± 0.2	6.2 ± 0.2	5.9 ± 0.2
60 - 69	444	6.0 ± 0.2	5.9 ± 0.2	5.7 ± 0.2	5.4 ± 0.2
70+	514	5.1 ± 0.1	5.0 ± 0.1	4.9 ± 0.1	4.6 ± 0.1

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

F.8. Oleic (18:1) fatty acid intakes of high-fat users with canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Oleic (18:1) Fatty Acid (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	34.0 ± 0.3	36.4 ± 0.3 †	38.8 ± 0.3 †	43.6 ± 0.3 †
20 - 29	966	37.1 ± 0.7	39.6 ± 0.7	42.2 ± 0.8 †	47.3 ± 0.8 †
30 - 39	946	37.9 ± 0.8	40.5 ± 0.9	43.2 ± 0.9 †	48.5 ± 1.1 †
40 - 49	978	36.1 ± 0.5	38.6 ± 0.5 †	41.0 ± 0.6 †	45.9 ± 0.7 †
50 - 59	766	32.7 ± 0.6	35.1 ± 0.7	37.5 ± 0.7 †	42.2 ± 0.8 †
60 - 69	897	29.8 ± 0.8	32.0 ± 0.8	34.2 ± 0.9 †	38.6 ± 1.0 †
70+	1,047	24.5 ± 0.4	26.3 ± 0.5 †	28.1 ± 0.5 †	31.6 ± 0.5 †
Men 20+	2,619	40.5 ± 0.5	43.2 ± 0.5 †	45.9 ± 0.5 †	51.4 ± 0.5 †
20 - 29	381	43.1 ± 1.0	46.1 ± 1.1	49.0 ± 1.1 †	55.0 ± 1.2 †
30 - 39	412	44.8 ± 1.0	47.9 ± 1.1	50.9 ± 1.2 †	57.0 ± 1.4 †
40 - 49	453	44.3 ± 0.7	47.2 ± 0.8	50.0 ± 0.9 †	55.8 ± 1.1 †
50 - 59	387	38.7 ± 1.1	41.3 ± 1.1	43.9 ± 1.2 †	49.1 ± 1.3 †
60 - 69	453	34.3 ± 1.3	36.7 ± 1.4	39.1 ± 1.5	44.0 ± 1.7 †
70+	533	28.7 ± 0.6	30.6 ± 0.6	32.5 ± 0.6 †	36.3 ± 0.6 †
Women 20+	2,981	28.1 ± 0.3	30.2 ± 0.4 †	32.3 ± 0.4 †	36.5 ± 0.4 †
20 - 29	585	31.4 ± 0.9	33.6 ± 1.0	35.8 ± 1.0 †	40.2 ± 1.1 †
30 - 39	534	31.3 ± 0.8	33.6 ± 0.9	35.9 ± 0.9 †	40.5 ± 1.1 †
40 - 49	525	28.7 ± 0.6	30.8 ± 0.7	32.9 ± 0.7 †	37.1 ± 0.8 †
50 - 59	379	26.8 ± 1.0	29.0 ± 1.1	31.1 ± 1.2	35.5 ± 1.4 †
60 - 69	444	25.6 ± 0.8	27.6 ± 0.8	29.6 ± 0.9 †	33.6 ± 1.0 †
70+	514	21.6 ± 0.6	23.3 ± 0.6	25.0 ± 0.7 †	28.4 ± 0.7 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

1 F.9. Linoleic (18:2) fatty acid intakes of high-fat users with canola & canola oil margarine replacing selected oils, butter & margarine

Gender and Age (y)	Sample Number	Linoleic (18:2) Fatty Acid (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	17.5 ± 0.2	15.5 ± 0.2 †	13.5 ± 0.2 †	9.5 ± 0.2 †
20 - 29	966	17.6 ± 0.4	15.4 ± 0.3 †	13.1 ± 0.3 †	8.7 ± 0.3 †
30 - 39	946	18.9 ± 0.5	16.6 ± 0.4 †	14.4 ± 0.4 †	9.8 ± 0.3 †
40 - 49	978	18.2 ± 0.4	16.2 ± 0.4 †	14.1 ± 0.3 †	9.9 ± 0.3 †
50 - 59	766	17.9 ± 0.4	15.9 ± 0.4 †	13.9 ± 0.3 †	10.0 ± 0.3 †
60 - 69	897	16.4 ± 0.5	14.7 ± 0.5	13.0 ± 0.4 †	9.5 ± 0.4 †
70+	1,047	13.7 ± 0.2	12.4 ± 0.2 †	11.0 ± 0.2 †	8.4 ± 0.2 †
Men 20+	2,619	20.0 ± 0.3	17.8 ± 0.3 †	15.5 ± 0.3 †	10.9 ± 0.3 †
20 - 29	381	20.1 ± 0.6	17.5 ± 0.6 †	14.9 ± 0.6 †	9.7 ± 0.6 †
30 - 39	412	21.6 ± 0.7	19.0 ± 0.6 †	16.4 ± 0.6 †	11.3 ± 0.6 †
40 - 49	453	21.4 ± 0.5	19.0 ± 0.5 †	16.6 ± 0.5 †	11.8 ± 0.5 †
50 - 59	387	20.3 ± 0.7	18.1 ± 0.7	15.9 ± 0.6 †	11.5 ± 0.6 †
60 - 69	453	18.5 ± 0.9	16.6 ± 0.8	14.6 ± 0.7 †	10.7 ± 0.5 †
70+	533	14.9 ± 0.4	13.5 ± 0.4	12.1 ± 0.4 †	9.3 ± 0.4 †
Women 20+	2,981	15.1 ± 0.3	13.4 ± 0.2 †	11.7 ± 0.2 †	8.2 ± 0.2 †
20 - 29	585	15.3 ± 0.4	13.4 ± 0.4 †	11.5 ± 0.4 †	7.7 ± 0.4 †
30 - 39	534	16.4 ± 0.5	14.4 ± 0.5 †	12.4 ± 0.4 †	8.4 ± 0.4 †
40 - 49	525	15.4 ± 0.5	13.6 ± 0.4	11.8 ± 0.4 †	8.2 ± 0.3 †
50 - 59	379	15.5 ± 0.7	13.8 ± 0.6	12.0 ± 0.5 †	8.6 ± 0.4 †
60 - 69	444	14.4 ± 0.5	12.9 ± 0.4	11.4 ± 0.4 †	8.4 ± 0.4 †
70+	514	12.8 ± 0.3	11.5 ± 0.3 †	10.3 ± 0.3 †	7.7 ± 0.2 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

F.10. Linolenic (18:3) fatty acid intakes of high-fat users with canola oil & canola oil margarine replacing selected oils, butter & margarine.

Gender and Age (y)	Sample Number	Linolenic (18:3) Fatty Acid (g/d) Intakes with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	1.8 ± 0.0	2.1 ± 0.0 †	2.5 ± 0.0 †	3.1 ± 0.0 †
20 - 29	966	1.8 ± 0.1	2.1 ± 0.1 †	2.5 ± 0.1 †	3.1 ± 0.1 †
30 - 39	946	1.9 ± 0.1	2.3 ± 0.1 †	2.6 ± 0.1 †	3.3 ± 0.1 †
40 - 49	978	1.8 ± 0.1	2.2 ± 0.1 †	2.5 ± 0.1 †	3.2 ± 0.1 †
50 - 59	766	1.9 ± 0.1	2.2 ± 0.1 †	2.5 ± 0.1 †	3.2 ± 0.1 †
60 - 69	897	1.7 ± 0.1	2.0 ± 0.1 †	2.3 ± 0.1 †	3.0 ± 0.1 †
70+	1,047	1.4 ± 0.0	1.7 ± 0.0 †	2.0 ± 0.0 †	2.6 ± 0.0 †
Men 20+	2,619	2.0 ± 0.0	2.4 ± 0.0 †	2.8 ± 0.0 †	3.5 ± 0.1 †
20 - 29	381	2.1 ± 0.1	2.5 ± 0.1 †	2.8 ± 0.1 †	3.6 ± 0.1 †
30 - 39	412	2.1 ± 0.1	2.5 ± 0.1 †	2.9 ± 0.1 †	3.7 ± 0.1 †
40 - 49	453	2.1 ± 0.1	2.5 ± 0.1 †	2.9 ± 0.1 †	3.6 ± 0.1 †
50 - 59	387	2.1 ± 0.1	2.5 ± 0.1	2.8 ± 0.1 †	3.5 ± 0.2 †
60 - 69	453	1.9 ± 0.1	2.3 ± 0.1 †	2.6 ± 0.1 †	3.3 ± 0.1 †
70+	533	1.5 ± 0.0	1.9 ± 0.0 †	2.2 ± 0.1 †	2.8 ± 0.1 †
Women 20+	2,981	1.6 ± 0.0	1.9 ± 0.0 †	2.2 ± 0.0 †	2.8 ± 0.1 †
20 - 29	585	1.5 ± 0.1	1.8 ± 0.1 †	2.1 ± 0.1 †	2.7 ± 0.1 †
30 - 39	534	1.7 ± 0.1	2.0 ± 0.1 †	2.3 ± 0.1 †	2.9 ± 0.1 †
40 - 49	525	1.6 ± 0.1	1.9 ± 0.1 †	2.2 ± 0.1 †	2.8 ± 0.1 †
50 - 59	379	1.7 ± 0.1	2.0 ± 0.1 †	2.3 ± 0.1 †	2.9 ± 0.1 †
60 - 69	444	1.5 ± 0.1	1.8 ± 0.1 †	2.1 ± 0.1 †	2.7 ± 0.1 †
70+	514	1.4 ± 0.0	1.6 ± 0.0 †	1.9 ± 0.1 †	2.4 ± 0.1 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

G.1. Total fat (% Kcal) in high-fat users with canola oil & canola margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Percent Kcal from Total Fat with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	38.8 ± 0.1	38.9 ± 0.1	38.9 ± 0.1	39.0 ± 0.1
20 - 29	966	37.6 ± 0.2	37.6 ± 0.2	37.7 ± 0.2	37.7 ± 0.2
30 - 39	946	38.6 ± 0.3	38.6 ± 0.3	38.6 ± 0.3	38.7 ± 0.3
40 - 49	978	39.6 ± 0.3	39.6 ± 0.3	39.6 ± 0.3	39.7 ± 0.3
50 - 59	766	39.4 ± 0.4	39.4 ± 0.4	39.5 ± 0.4	39.6 ± 0.4
60 - 69	897	39.2 ± 0.2	39.3 ± 0.2	39.3 ± 0.2	39.4 ± 0.2
70+	1,047	38.4 ± 0.3	38.5 ± 0.3	38.5 ± 0.3	38.6 ± 0.3
Men 20+	2,619	38.8 ± 0.2	38.8 ± 0.2	38.8 ± 0.2	38.9 ± 0.1
20 - 29	381	37.5 ± 0.3	37.5 ± 0.3	37.5 ± 0.3	37.5 ± 0.3
30 - 39	412	38.6 ± 0.3	38.6 ± 0.3	38.6 ± 0.3	38.6 ± 0.3
40 - 49	453	39.5 ± 0.4	39.5 ± 0.4	39.5 ± 0.4	39.6 ± 0.4
50 - 59	387	39.3 ± 0.5	39.3 ± 0.5	39.4 ± 0.5	39.4 ± 0.5
60 - 69	453	39.0 ± 0.2	39.0 ± 0.2	39.1 ± 0.2	39.2 ± 0.2
70+	533	38.8 ± 0.4	38.8 ± 0.4	38.9 ± 0.4	39.0 ± 0.4
Women 20+	2,981	38.9 ± 0.1	38.9 ± 0.1	39.0 ± 0.1	39.0 ± 0.1
20 - 29	585	37.8 ± 0.3	37.8 ± 0.3	37.8 ± 0.3	37.9 ± 0.3
30 - 39	534	38.6 ± 0.3	38.7 ± 0.3	38.7 ± 0.3	38.7 ± 0.3
40 - 49	525	39.7 ± 0.4	39.7 ± 0.4	39.7 ± 0.4	39.7 ± 0.4
50 - 59	379	39.5 ± 0.4	39.5 ± 0.4	39.6 ± 0.4	39.7 ± 0.4
60 - 69	444	39.5 ± 0.3	39.5 ± 0.3	39.6 ± 0.3	39.7 ± 0.3
70+	514	38.1 ± 0.3	38.2 ± 0.3	38.3 ± 0.3	38.4 ± 0.3

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

G.2. Saturated fat (% Kcal) in high-fat users with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Percent Kcal from Saturated Fat with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	12.3 ± 0.1	12.0 ± 0.1 †	11.7 ± 0.1 †	11.1 ± 0.1 †
20 - 29	966	12.6 ± 0.1	12.3 ± 0.1	12.0 ± 0.1 †	11.5 ± 0.1 †
30 - 39	946	12.4 ± 0.1	12.2 ± 0.1	11.9 ± 0.1 †	11.3 ± 0.1 †
40 - 49	978	12.5 ± 0.1	12.2 ± 0.1	11.9 ± 0.1 †	11.3 ± 0.1 †
50 - 59	766	12.1 ± 0.1	11.9 ± 0.1	11.6 ± 0.1 †	11.0 ± 0.1 †
60 - 69	897	12.0 ± 0.1	11.6 ± 0.1	11.3 ± 0.1 †	10.7 ± 0.1 †
70+	1,047	11.8 ± 0.1	11.5 ± 0.1	11.1 ± 0.1 †	10.5 ± 0.1 †
Men 20+	2,619	12.4 ± 0.1	12.1 ± 0.1 †	11.8 ± 0.1 †	11.2 ± 0.1 †
20 - 29	381	12.6 ± 0.1	12.3 ± 0.1	12.0 ± 0.1 †	11.5 ± 0.1 †
30 - 39	412	12.6 ± 0.2	12.3 ± 0.2	12.0 ± 0.2	11.4 ± 0.1 †
40 - 49	453	12.5 ± 0.2	12.3 ± 0.2	12.0 ± 0.2	11.5 ± 0.2 †
50 - 59	387	12.2 ± 0.2	11.9 ± 0.2	11.6 ± 0.2	11.1 ± 0.2 †
60 - 69	453	11.8 ± 0.2	11.6 ± 0.2	11.3 ± 0.2	10.7 ± 0.2 †
70+	533	12.1 ± 0.2	11.8 ± 0.2	11.5 ± 0.2 †	10.9 ± 0.2 †
Women 20+	2,981	12.2 ± 0.1	11.9 ± 0.1 †	11.6 ± 0.1 †	11.0 ± 0.1 †
20 - 29	585	12.6 ± 0.2	12.3 ± 0.2	12.0 ± 0.2	11.5 ± 0.2 †
30 - 39	534	12.3 ± 0.2	12.0 ± 0.2	11.8 ± 0.2	11.2 ± 0.2 †
40 - 49	525	12.5 ± 0.2	12.2 ± 0.2	11.9 ± 0.2	11.2 ± 0.2 †
50 - 59	379	12.1 ± 0.2	11.8 ± 0.2	11.5 ± 0.2	10.9 ± 0.2 †
60 - 69	444	12.1 ± 0.2	11.7 ± 0.2	11.4 ± 0.2 †	10.7 ± 0.2 †
70+	514	11.5 ± 0.2	11.2 ± 0.2	10.9 ± 0.2 †	10.2 ± 0.2 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

G.3. MUFA (% Kcal) in high-fat users with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Percent Kcal from Monounsaturated Fat with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	14.3 ± 0.1	15.3 ± 0.1 †	16.4 ± 0.1 †	18.4 ± 0.1 †
20 - 29	966	14.4 ± 0.1	15.4 ± 0.1 †	16.4 ± 0.1 †	18.4 ± 0.2 †
30 - 39	946	14.5 ± 0.1	15.5 ± 0.1 †	16.5 ± 0.1 †	18.5 ± 0.2 †
40 - 49	978	14.6 ± 0.1	15.6 ± 0.1 †	16.6 ± 0.1 †	18.7 ± 0.1 †
50 - 59	766	14.2 ± 0.2	15.2 ± 0.2 †	16.2 ± 0.2 †	18.3 ± 0.2 †
60 - 69	897	14.2 ± 0.1	15.2 ± 0.1 †	16.3 ± 0.1 †	18.3 ± 0.1 †
70+	1,047	13.8 ± 0.2	14.8 ± 0.2 †	15.7 ± 0.2 †	17.7 ± 0.2 †
Men 20+	2,619	14.5 ± 0.1	15.5 ± 0.1 †	16.4 ± 0.1 †	18.4 ± 0.1 †
20 - 29	381	14.4 ± 0.2	15.4 ± 0.2 †	16.4 ± 0.2 †	18.3 ± 0.3 †
30 - 39	412	14.6 ± 0.1	15.5 ± 0.1 †	16.5 ± 0.2 †	18.5 ± 0.2 †
40 - 49	453	14.8 ± 0.2	15.8 ± 0.2 †	16.7 ± 0.2 †	18.7 ± 0.3 †
50 - 59	387	14.5 ± 0.3	15.4 ± 0.3	16.4 ± 0.3 †	18.4 ± 0.3 †
60 - 69	453	14.3 ± 0.2	15.3 ± 0.2 †	16.3 ± 0.2 †	18.3 ± 0.2 †
70+	533	14.0 ± 0.2	15.0 ± 0.2 †	15.9 ± 0.2 †	17.7 ± 0.2 †
Women 20+	2,981	14.2 ± 0.1	15.2 ± 0.1 †	16.3 ± 0.1 †	18.4 ± 0.1 †
20 - 29	585	14.4 ± 0.2	15.4 ± 0.2 †	16.4 ± 0.2 †	18.4 ± 0.2 †
30 - 39	534	14.3 ± 0.2	15.4 ± 0.2 †	16.4 ± 0.2 †	18.5 ± 0.2 †
40 - 49	525	14.5 ± 0.2	15.5 ± 0.2 †	16.6 ± 0.2 †	18.7 ± 0.3 †
50 - 59	379	13.9 ± 0.2	15.0 ± 0.2 †	16.1 ± 0.2 †	18.2 ± 0.2 †
60 - 69	444	14.1 ± 0.2	15.2 ± 0.2 †	16.3 ± 0.2 †	18.4 ± 0.2 †
70+	514	13.6 ± 0.2	14.6 ± 0.2 †	15.7 ± 0.2 †	17.7 ± 0.2 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

G.4. PUFA (% Kcal) in high-fat users with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Percent Kcal from Polyunsaturated Fat with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	7.9 ± 0.1	7.3 ± 0.1 †	6.6 ± 0.1 †	5.2 ± 0.1 †
20 - 29	966	7.3 ± 0.1	6.6 ± 0.1 †	5.9 ± 0.1 †	4.5 ± 0.1 †
30 - 39	946	7.8 ± 0.1	7.1 ± 0.1 †	6.4 ± 0.1 †	5.0 ± 0.1 †
40 - 49	978	8.0 ± 0.1	7.3 ± 0.1 †	6.6 ± 0.1 †	5.2 ± 0.1 †
50 - 59	766	8.2 ± 0.1	7.5 ± 0.1 †	6.9 ± 0.1 †	5.5 ± 0.1 †
60 - 69	897	8.3 ± 0.1	7.7 ± 0.1 †	7.0 ± 0.1 †	5.7 ± 0.1 †
70+	1,047	8.2 ± 0.1	7.7 ± 0.1 †	7.1 ± 0.1 †	6.0 ± 0.1 †
Men 20+	2,619	7.7 ± 0.1	7.0 ± 0.1 †	6.4 ± 0.1 †	5.1 ± 0.1 †
20 - 29	381	7.1 ± 0.2	6.4 ± 0.2 †	5.7 ± 0.2 †	4.3 ± 0.2 †
30 - 39	412	7.5 ± 0.2	6.8 ± 0.2 †	6.2 ± 0.2 †	4.9 ± 0.2 †
40 - 49	453	7.7 ± 0.1	7.1 ± 0.1 †	6.4 ± 0.1 †	5.1 ± 0.1 †
50 - 59	387	8.0 ± 0.2	7.3 ± 0.2	6.7 ± 0.2 †	5.3 ± 0.2 †
60 - 69	453	8.2 ± 0.2	7.6 ± 0.1 †	6.9 ± 0.1 †	5.6 ± 0.1 †
70+	533	7.8 ± 0.2	7.3 ± 0.2	6.8 ± 0.1 †	5.7 ± 0.1 †
Women 20+	2,981	8.2 ± 0.1	7.5 ± 0.1 †	6.8 ± 0.1 †	5.4 ± 0.1 †
20 - 29	585	7.5 ± 0.1	6.8 ± 0.1 †	6.1 ± 0.1 †	4.7 ± 0.1 †
30 - 39	534	8.1 ± 0.2	7.3 ± 0.2 †	6.6 ± 0.2 †	5.1 ± 0.2 †
40 - 49	525	8.2 ± 0.2	7.5 ± 0.2	6.8 ± 0.2 †	5.3 ± 0.1 †
50 - 59	379	8.4 ± 0.2	7.7 ± 0.2 †	7.0 ± 0.1 †	5.7 ± 0.1 †
60 - 69	444	8.4 ± 0.2	7.8 ± 0.1 †	7.1 ± 0.1 †	5.8 ± 0.1 †
70+	514	8.5 ± 0.1	7.9 ± 0.1 †	7.3 ± 0.1 †	6.1 ± 0.1 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

H.1. High-fat users: <30% Kcal total fat (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Less than 30% Kcal from Total Fat (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
20 - 29	966	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
30 - 39	946	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
40 - 49	978	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
50 - 59	766	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
60 - 69	897	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
70+	1,047	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
Men 20+	2,619	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
20 - 29	381	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
30 - 39	412	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
40 - 49	453	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
50 - 59	387	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
60 - 69	453	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
70+	533	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
Women 20+	2,981	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
20 - 29	585	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
30 - 39	534	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
40 - 49	525	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
50 - 59	379	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
60 - 69	444	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
70+	514	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

H.2. High-fat users: <35% Kcal total fat (%) with canola oil & ca. oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Less than 35% Kcal from Total Fat (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	33.6 ± 1.0	33.3 ± 1.0	33.1 ± 0.9	32.7 ± 0.9
20 - 29	966	39.0 ± 1.8	38.8 ± 1.8	38.5 ± 1.8	38.3 ± 1.8
30 - 39	946	34.6 ± 2.1	34.4 ± 2.1	34.4 ± 2.0	34.2 ± 2.0
40 - 49	978	32.0 ± 1.6	31.8 ± 1.5	31.6 ± 1.5	31.2 ± 1.5
50 - 59	766	29.7 ± 2.3	29.5 ± 2.3	29.7 ± 2.3	29.5 ± 2.3
60 - 69	897	29.3 ± 1.8	29.3 ± 1.8	28.6 ± 1.8	28.0 ± 1.9
70+	1,047	36.7 ± 1.7	35.8 ± 1.6	35.4 ± 1.7	34.2 ± 1.9
Men 20+	2,619	33.5 ± 1.1	33.1 ± 1.1	33.0 ± 1.1	32.6 ± 1.1
20 - 29	381	41.4 ± 1.6	41.0 ± 1.7	41.0 ± 1.7	40.7 ± 1.7
30 - 39	412	34.5 ± 3.4	34.2 ± 3.5	34.6 ± 3.5	34.6 ± 3.5
40 - 49	453	30.2 ± 2.4	29.8 ± 2.4	29.4 ± 2.2	28.5 ± 2.2
50 - 59	387	30.0 ± 3.2	30.0 ± 3.2	30.4 ± 3.3	30.1 ± 3.2
60 - 69	453	29.2 ± 2.4	29.2 ± 2.4	28.3 ± 2.2	27.8 ± 2.3
70+	533	35.9 ± 1.9	34.7 ± 2.0	34.1 ± 2.1	33.3 ± 2.0
Women 20+	2,981	33.7 ± 1.2	33.5 ± 1.2	33.2 ± 1.1	32.9 ± 1.1
20 - 29	585	36.8 ± 2.9	36.7 ± 2.9	36.2 ± 2.9	36.1 ± 3.0
30 - 39	534	34.7 ± 2.1	34.7 ± 2.1	34.3 ± 2.0	33.9 ± 2.1
40 - 49	525	33.5 ± 3.1	33.5 ± 3.1	33.5 ± 3.1	33.5 ± 3.1
50 - 59	379	29.3 ± 2.3	29.0 ± 2.4	29.0 ± 2.4	28.9 ± 2.4
60 - 69	444	29.4 ± 2.9	29.4 ± 2.9	28.9 ± 3.0	28.2 ± 3.0
70+	514	37.2 ± 2.5	36.5 ± 2.6	36.3 ± 2.6	34.8 ± 3.0

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

H.3. High-fat users: <7% Kcal saturated fat (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Less than 7% Kcal from Saturated Fat (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	2.3 ± 0.2	3.3 ± 0.3	4.6 ± 0.3 †	8.5 ± 0.5 †
20 - 29	966	1.6 ± 0.5	2.7 ± 0.5	4.3 ± 0.6 †	7.4 ± 0.9 †
30 - 39	946	1.8 ± 0.4	2.6 ± 0.5	3.6 ± 0.6	6.4 ± 1.0 †
40 - 49	978	1.4 ± 0.4	2.7 ± 0.5	3.2 ± 0.6	6.9 ± 0.7 †
50 - 59	766	2.6 ± 0.6	3.5 ± 0.8	4.9 ± 0.9	9.6 ± 1.2 †
60 - 69	897	3.8 ± 0.7	4.4 ± 0.8	6.2 ± 1.0	12.5 ± 1.7 †
70+	1,047	4.2 ± 0.9	5.5 ± 1.1	7.2 ± 1.2	11.3 ± 1.4 †
Men 20+	2,619	2.2 ± 0.3	3.0 ± 0.4	4.2 ± 0.5 †	7.3 ± 0.7 †
20 - 29	381	1.3 ± 0.6	2.1 ± 1.0	3.2 ± 1.1	6.4 ± 1.3 †
30 - 39	412	2.3 ± 0.8	3.0 ± 0.9	4.2 ± 1.1	6.6 ± 1.4
40 - 49	453	0.8 ± 0.4	1.8 ± 0.7	2.2 ± 0.7	4.6 ± 1.1 †
50 - 59	387	2.0 ± 0.8	2.7 ± 1.0	4.7 ± 1.2	9.0 ± 1.8 †
60 - 69	453	4.7 ± 1.3	5.1 ± 1.4	6.6 ± 1.6	10.1 ± 2.0
70+	533	4.0 ± 0.9	5.1 ± 1.1	6.5 ± 1.4	9.8 ± 1.4 †
Women 20+	2,981	2.5 ± 0.3	3.7 ± 0.5	4.9 ± 0.6 †	9.6 ± 0.7 †
20 - 29	585	1.9 ± 0.8	3.3 ± 0.9	5.3 ± 1.1	8.2 ± 1.3 †
30 - 39	534	1.4 ± 0.5	2.3 ± 0.7	3.1 ± 0.9	6.2 ± 1.2 †
40 - 49	525	2.0 ± 0.8	3.6 ± 0.9	4.1 ± 1.0	9.0 ± 1.3 †
50 - 59	379	3.3 ± 1.0	4.2 ± 1.1	5.0 ± 1.3	10.2 ± 1.9 †
60 - 69	444	3.0 ± 0.9	3.7 ± 0.9	5.8 ± 1.2	14.6 ± 2.1 †
70+	514	4.4 ± 1.3	5.7 ± 1.5	7.7 ± 1.6	12.4 ± 1.8 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

H.4. High-fat users: <10% Kcal saturated fat (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Less than 10% Kcal from Saturated Fat (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	24.2 ± 0.8	27.5 ± 0.8 †	31.6 ± 0.8 †	39.4 ± 0.8 †
20 - 29	966	20.8 ± 1.6	24.0 ± 1.8	27.4 ± 2.0	33.6 ± 1.6 †
30 - 39	946	20.6 ± 1.9	24.6 ± 2.1	28.2 ± 2.1	36.6 ± 2.1 †
40 - 49	978	21.0 ± 1.5	24.5 ± 1.7	27.9 ± 1.3 †	36.5 ± 1.7 †
50 - 59	766	27.5 ± 1.8	30.1 ± 1.6	34.9 ± 1.7 †	40.8 ± 1.8 †
60 - 69	897	31.0 ± 2.2	34.5 ± 2.1	39.2 ± 1.6 †	48.1 ± 1.8 †
70+	1,047	30.0 ± 1.6	32.7 ± 1.6	38.4 ± 1.5 †	48.2 ± 1.9 †
Men 20+	2,619	22.7 ± 0.8	25.4 ± 0.8	29.5 ± 0.8 †	37.3 ± 0.9 †
20 - 29	381	18.8 ± 2.1	20.8 ± 2.2	24.7 ± 2.0	31.7 ± 2.0 †
30 - 39	412	19.1 ± 1.7	21.8 ± 1.8	26.2 ± 2.0	33.9 ± 2.5 †
40 - 49	453	18.3 ± 1.8	22.3 ± 2.3	25.6 ± 2.0	35.1 ± 2.7 †
50 - 59	387	28.5 ± 2.5	29.8 ± 2.4	33.4 ± 2.4	38.3 ± 2.3 †
60 - 69	453	32.5 ± 2.9	35.1 ± 3.1	40.9 ± 2.7	49.8 ± 2.9 †
70+	533	25.7 ± 1.8	28.7 ± 1.7	33.5 ± 1.7 †	43.2 ± 2.1 †
Women 20+	2,981	25.5 ± 1.2	29.4 ± 1.2	33.4 ± 1.3 †	41.3 ± 1.2 †
20 - 29	585	22.6 ± 2.2	26.9 ± 2.5	29.9 ± 3.2	35.3 ± 2.8 †
30 - 39	534	22.0 ± 2.6	27.2 ± 3.3	30.2 ± 3.5	39.1 ± 3.3 †
40 - 49	525	23.5 ± 2.2	26.6 ± 2.2	29.9 ± 1.9	37.6 ± 2.3 †
50 - 59	379	26.6 ± 2.6	30.3 ± 2.6	36.2 ± 2.8	43.3 ± 2.9 †
60 - 69	444	29.5 ± 3.0	33.9 ± 2.6	37.6 ± 2.5	46.6 ± 2.4 †
70+	514	33.0 ± 2.4	35.5 ± 2.3	41.8 ± 2.1	51.8 ± 2.8 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

H.5. High-fat users: <15% Kcal MUFA (%) with canola oil & canola margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Less than 15% Kcal from MUFA (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	65.0 ± 0.9	52.0 ± 1.0 †	39.1 ± 1.0 †	20.4 ± 0.7 †
20 - 29	966	65.0 ± 1.6	50.0 ± 2.2 †	35.7 ± 2.4 †	18.5 ± 1.7 †
30 - 39	946	63.2 ± 2.0	50.4 ± 2.2 †	37.0 ± 1.3 †	18.7 ± 1.5 †
40 - 49	978	62.4 ± 1.4	50.5 ± 1.7 †	38.8 ± 1.6 †	19.9 ± 1.4 †
50 - 59	766	64.6 ± 2.6	52.3 ± 2.6 †	40.5 ± 2.6 †	22.2 ± 2.1 †
60 - 69	897	64.9 ± 2.3	53.0 ± 2.5 †	39.8 ± 1.9 †	20.9 ± 1.8 †
70+	1,047	73.6 ± 1.8	58.9 ± 2.0 †	46.0 ± 2.3 †	23.8 ± 2.1 †
Men 20+	2,619	62.9 ± 1.1	50.7 ± 1.4 †	38.8 ± 1.4 †	19.7 ± 0.7 †
20 - 29	381	66.8 ± 2.7	51.5 ± 3.2 †	37.3 ± 2.7 †	18.6 ± 2.7 †
30 - 39	412	62.0 ± 2.2	50.4 ± 2.8 †	38.1 ± 2.8 †	17.9 ± 2.4 †
40 - 49	453	57.9 ± 3.0	48.0 ± 3.2	35.6 ± 2.8 †	18.9 ± 1.9 †
50 - 59	387	61.8 ± 3.5	49.1 ± 3.9	39.0 ± 3.9 †	21.5 ± 3.4 †
60 - 69	453	65.0 ± 2.6	51.3 ± 2.9 †	39.7 ± 2.6 †	18.6 ± 2.6 †
70+	533	69.1 ± 2.1	58.0 ± 2.2 †	48.5 ± 2.4 †	25.2 ± 2.3 †
Women 20+	2,981	66.8 ± 1.1	53.2 ± 1.1 †	39.5 ± 1.1 †	21.0 ± 1.0 †
20 - 29	585	63.3 ± 2.7	48.6 ± 2.9 †	34.2 ± 3.0 †	18.4 ± 2.2 †
30 - 39	534	64.4 ± 2.6	50.5 ± 2.9 †	36.0 ± 2.0 †	19.4 ± 1.8 †
40 - 49	525	66.4 ± 2.4	52.7 ± 2.5 †	41.6 ± 2.4 †	20.8 ± 2.1 †
50 - 59	379	67.4 ± 3.0	55.5 ± 2.5 †	41.9 ± 3.4 †	23.0 ± 2.1 †
60 - 69	444	64.8 ± 3.1	54.6 ± 3.2	39.9 ± 2.9 †	22.9 ± 2.5 †
70+	514	76.8 ± 2.4	59.6 ± 2.7 †	44.2 ± 3.2 †	22.8 ± 2.7 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

H.6. High-fat users: <20% Kcal MUFA (%) with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Less than 20% Kcal from MUFA (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	94.8 ± 0.3	91.5 ± 0.4 †	85.6 ± 0.7 †	69.4 ± 0.9 †
20 - 29	966	95.6 ± 0.8	92.6 ± 0.9	87.6 ± 1.3 †	71.7 ± 1.8 †
30 - 39	946	94.9 ± 0.7	91.5 ± 1.0 †	84.9 ± 1.4 †	68.5 ± 2.1 †
40 - 49	978	92.9 ± 0.9	88.3 ± 1.3 †	83.1 ± 1.5 †	66.9 ± 1.5 †
50 - 59	766	95.4 ± 0.8	92.9 ± 1.1	85.4 ± 1.9 †	67.2 ± 2.7 †
60 - 69	897	95.5 ± 0.8	92.1 ± 0.9	85.8 ± 1.4 †	69.5 ± 1.9 †
70+	1,047	95.8 ± 0.7	93.7 ± 0.9	89.0 ± 1.4 †	75.6 ± 2.3 †
Men 20+	2,619	94.5 ± 0.6	91.4 ± 0.7 †	85.0 ± 0.9 †	70.0 ± 1.0 †
20 - 29	381	95.9 ± 1.5	92.7 ± 1.8	86.5 ± 2.5 †	72.9 ± 2.8 †
30 - 39	412	95.1 ± 0.8	90.9 ± 1.6	84.3 ± 2.0 †	69.0 ± 2.8 †
40 - 49	453	92.9 ± 1.1	89.6 ± 1.7	83.8 ± 1.8 †	68.4 ± 3.0 †
50 - 59	387	94.2 ± 1.5	92.4 ± 1.8	83.9 ± 2.4 †	65.1 ± 3.5 †
60 - 69	453	94.2 ± 1.3	91.0 ± 1.5	87.0 ± 2.2 †	72.2 ± 2.0 †
70+	533	94.8 ± 1.1	92.4 ± 1.1	86.1 ± 1.7 †	76.2 ± 2.4 †
Women 20+	2,981	95.1 ± 0.4	91.7 ± 0.6 †	86.2 ± 0.8 †	68.9 ± 0.9 †
20 - 29	585	95.3 ± 1.2	92.4 ± 1.5	88.7 ± 2.0 †	70.6 ± 2.2 †
30 - 39	534	94.6 ± 0.8	92.0 ± 1.0	85.5 ± 1.5 †	68.0 ± 2.5 †
40 - 49	525	92.8 ± 1.5	87.1 ± 2.0	82.6 ± 2.2 †	65.6 ± 2.4 †
50 - 59	379	96.7 ± 0.6	93.5 ± 1.5	86.9 ± 2.4 †	69.2 ± 2.5 †
60 - 69	444	96.6 ± 0.9	93.2 ± 1.3	84.6 ± 1.7 †	66.9 ± 2.7 †
70+	514	96.5 ± 0.8	94.6 ± 1.3	91.0 ± 1.6 †	75.2 ± 2.8 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

H.7. High-fat users: <10% Kcal PUFA (%) with canola oil & canola margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Less than 10% Kcal from PUFA (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	78.5 ± 0.7	85.2 ± 0.6 †	89.4 ± 0.5 †	95.7 ± 0.3 †
20 - 29	966	84.0 ± 1.3	90.5 ± 1.2 †	93.6 ± 1.0 †	98.0 ± 0.6 †
30 - 39	946	80.1 ± 1.7	86.4 ± 1.4 †	91.3 ± 1.2 †	96.1 ± 1.0 †
40 - 49	978	80.0 ± 1.5	86.2 ± 1.2 †	89.5 ± 1.1 †	95.2 ± 0.8 †
50 - 59	766	73.8 ± 1.7	80.8 ± 1.5 †	85.2 ± 1.4 †	94.7 ± 0.8 †
60 - 69	897	74.2 ± 1.6	81.8 ± 1.6 †	87.4 ± 1.3 †	95.7 ± 0.9 †
70+	1,047	75.9 ± 1.8	83.1 ± 1.5 †	87.3 ± 1.1 †	94.2 ± 0.8 †
Men 20+	2,619	80.7 ± 1.0	87.0 ± 0.7 †	91.1 ± 0.7 †	96.2 ± 0.5 †
20 - 29	381	86.1 ± 2.0	91.6 ± 1.5	93.8 ± 1.5 †	98.0 ± 0.8 †
30 - 39	412	83.6 ± 2.0	88.4 ± 1.5	92.4 ± 1.4 †	97.8 ± 0.6 †
40 - 49	453	81.2 ± 1.9	87.7 ± 1.7	91.7 ± 1.4 †	95.1 ± 1.1 †
50 - 59	387	75.8 ± 2.4	84.0 ± 2.0	89.0 ± 2.0 †	94.9 ± 1.2 †
60 - 69	453	74.7 ± 2.4	82.7 ± 1.9	88.2 ± 1.9 †	95.8 ± 1.5 †
70+	533	79.6 ± 1.7	85.1 ± 1.4	89.0 ± 1.3 †	95.2 ± 1.0 †
Women 20+	2,981	76.5 ± 0.9	83.5 ± 0.9 †	87.8 ± 0.9 †	95.2 ± 0.4 †
20 - 29	585	82.0 ± 1.8	89.5 ± 1.6 †	93.5 ± 1.4 †	98.0 ± 0.9 †
30 - 39	534	76.8 ± 2.5	84.5 ± 2.4	90.2 ± 2.0 †	94.5 ± 1.7 †
40 - 49	525	78.9 ± 2.4	84.8 ± 2.0	87.6 ± 2.0 †	95.2 ± 1.3 †
50 - 59	379	71.8 ± 2.5	77.6 ± 2.4	81.6 ± 2.2 †	94.4 ± 1.2 †
60 - 69	444	73.8 ± 2.1	81.0 ± 2.0	86.6 ± 1.6 †	95.7 ± 1.1 †
70+	514	73.3 ± 2.4	81.8 ± 2.2	86.2 ± 1.7 †	93.5 ± 1.1 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

1.1. Linolenic acid (% of AI) in high-fat users with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Linolenic (18:3) Fatty Acid (% of AI) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	134.2 ± 1.9	159.1 ± 2.0 †	184.0 ± 2.3 †	233.7 ± 2.7 †
20 - 29	966	132.4 ± 3.3	157.2 ± 3.5 †	182.1 ± 3.8 †	231.9 ± 4.5 †
30 - 39	946	141.8 ± 3.5	168.3 ± 4.0 †	194.7 ± 4.4 †	247.6 ± 5.5 †
40 - 49	978	137.3 ± 3.7	162.8 ± 4.1 †	188.4 ± 4.6 †	239.6 ± 5.8 †
50 - 59	766	141.9 ± 3.8	166.4 ± 4.3 †	190.9 ± 5.0 †	239.9 ± 6.3 †
60 - 69	897	128.7 ± 4.4	152.9 ± 4.9 †	177.1 ± 5.5 †	225.5 ± 6.7 †
70+	1,047	111.9 ± 2.2	133.9 ± 2.6 †	155.9 ± 3.0 †	200.0 ± 4.0 †
Men 20+	2,619	126.4 ± 2.3	149.5 ± 2.5 †	172.5 ± 2.7 †	218.6 ± 3.3 †
20 - 29	381	129.1 ± 4.4	152.8 ± 4.6 †	176.6 ± 4.9 †	224.1 ± 5.7 †
30 - 39	412	133.4 ± 3.9	158.5 ± 4.6 †	183.6 ± 5.5 †	233.8 ± 7.4 †
40 - 49	453	130.9 ± 4.5	154.8 ± 4.9 †	178.7 ± 5.5 †	226.4 ± 6.8 †
50 - 59	387	130.7 ± 5.4	152.8 ± 6.4	175.0 ± 7.4 †	219.3 ± 9.4 †
60 - 69	453	120.8 ± 4.8	142.3 ± 5.5 †	163.8 ± 6.2 †	206.9 ± 7.8 †
70+	533	96.4 ± 2.4	115.5 ± 2.7 †	134.5 ± 3.1 †	172.6 ± 4.0 †
Women 20+	2,981	141.3 ± 2.7	167.8 ± 3.0 †	194.4 ± 3.3 †	247.5 ± 4.1 †
20 - 29	585	135.4 ± 4.2	161.4 ± 4.5 †	187.3 ± 5.0 †	239.2 ± 6.1 †
30 - 39	534	149.9 ± 6.5	177.6 ± 7.2 †	205.3 ± 8.0 †	260.8 ± 9.6 †
40 - 49	525	143.0 ± 5.3	170.1 ± 5.9 †	197.2 ± 6.6 †	251.4 ± 8.3 †
50 - 59	379	153.0 ± 6.6	179.8 ± 7.6	206.6 ± 8.7 †	260.2 ± 11.2 †
60 - 69	444	136.2 ± 5.6	162.9 ± 6.4 †	189.6 ± 7.4 †	243.0 ± 9.6 †
70+	514	122.7 ± 2.9	146.8 ± 3.6 †	170.9 ± 4.3 †	219.1 ± 5.9 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted means and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

1.2. Percent of high-fat users meeting linolenic AI with canola oil & canola oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Percent Meeting AI for Linolenic Acid with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	58.7 ± 1.0	70.1 ± 0.9 †	78.0 ± 0.8 †	87.3 ± 0.5 †
20 - 29	966	59.0 ± 2.3	72.5 ± 1.6 †	79.5 ± 1.3 †	88.9 ± 1.1 †
30 - 39	946	63.4 ± 1.9	74.5 ± 1.5 †	82.6 ± 1.0 †	89.4 ± 0.9 †
40 - 49	978	60.2 ± 2.2	71.4 ± 1.7 †	78.8 ± 1.7 †	89.4 ± 1.4 †
50 - 59	766	58.5 ± 1.8	68.4 ± 2.0 †	76.2 ± 1.9 †	85.7 ± 1.3 †
60 - 69	897	55.1 ± 1.9	65.3 ± 1.8 †	73.6 ± 1.4 †	84.4 ± 1.5 †
70+	1,047	50.4 ± 1.5	63.6 ± 1.6 †	73.2 ± 1.4 †	82.4 ± 1.5 †
Men 20+	2,619	55.6 ± 1.3	67.3 ± 0.9 †	75.2 ± 1.0 †	86.0 ± 0.7 †
20 - 29	381	57.3 ± 2.6	69.1 ± 1.9 †	76.8 ± 2.6 †	85.5 ± 2.0 †
30 - 39	412	61.7 ± 2.6	73.5 ± 2.3 †	80.3 ± 1.8 †	88.5 ± 1.3 †
40 - 49	453	59.9 ± 2.9	72.3 ± 2.2 †	78.8 ± 2.0 †	89.6 ± 1.4 †
50 - 59	387	54.1 ± 2.9	64.8 ± 2.6	73.9 ± 2.8 †	86.8 ± 1.8 †
60 - 69	453	50.6 ± 3.1	59.5 ± 2.8	68.4 ± 2.2 †	81.9 ± 2.3 †
70+	533	38.5 ± 2.4	53.2 ± 2.6 †	64.3 ± 2.5 †	76.7 ± 2.4 †
Women 20+	2,981	61.5 ± 1.5	72.7 ± 1.2 †	80.6 ± 1.0 †	88.5 ± 0.8 †
20 - 29	585	60.5 ± 3.2	75.5 ± 3.0 †	82.0 ± 1.9 †	92.0 ± 1.5 †
30 - 39	534	65.1 ± 2.8	75.6 ± 2.6 †	84.9 ± 1.8 †	90.4 ± 1.5 †
40 - 49	525	60.5 ± 2.7	70.7 ± 2.0 †	78.9 ± 2.0 †	89.3 ± 2.2 †
50 - 59	379	62.9 ± 2.8	72.0 ± 2.4	78.5 ± 2.1 †	84.6 ± 1.9 †
60 - 69	444	59.4 ± 2.8	70.7 ± 2.5 †	78.4 ± 2.3 †	86.7 ± 2.1 †
70+	514	58.7 ± 2.0	70.8 ± 2.0 †	79.3 ± 1.6 †	86.4 ± 1.5 †

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).

1.3. High-fat users: <300 mg cholesterol (%) with canola oil & ca. oil margarine replacing selected oils, butter & margarine¹⁻⁴

Gender and Age (y)	Sample Number	Less than 300 mg Cholesterol (%) with Canola Oil & Canola Oil Margarine Replacement			
		Baseline	25% Replacement	50% Replacement	100% Replacement
Adults 20+	5,600	58.8 ± 0.9	58.9 ± 0.9	59.1 ± 0.9	59.4 ± 0.9
20 - 29	966	59.6 ± 2.3	59.9 ± 2.3	59.9 ± 2.3	60.0 ± 2.3
30 - 39	946	53.0 ± 2.1	53.0 ± 2.1	53.2 ± 2.2	53.6 ± 2.2
40 - 49	978	57.9 ± 1.9	58.1 ± 1.9	58.1 ± 1.9	58.1 ± 1.9
50 - 59	766	57.7 ± 2.0	57.7 ± 2.0	57.7 ± 2.0	58.2 ± 1.9
60 - 69	897	60.0 ± 2.5	60.0 ± 2.5	60.7 ± 2.5	61.6 ± 2.3
70+	1,047	70.0 ± 1.5	70.3 ± 1.5	70.5 ± 1.5	70.7 ± 1.5
Men 20+	2,619	48.6 ± 1.3	48.6 ± 1.3	48.7 ± 1.4	49.2 ± 1.3
20 - 29	381	49.8 ± 3.1	49.8 ± 3.1	49.8 ± 3.1	50.1 ± 3.0
30 - 39	412	39.2 ± 2.8	39.2 ± 2.8	39.2 ± 2.8	40.0 ± 2.9
40 - 49	453	49.3 ± 2.7	49.3 ± 2.7	49.4 ± 2.7	49.4 ± 2.7
50 - 59	387	46.5 ± 2.8	46.5 ± 2.8	46.6 ± 2.8	47.0 ± 2.8
60 - 69	453	54.9 ± 3.0	54.9 ± 3.0	54.9 ± 3.0	55.8 ± 2.9
70+	533	61.3 ± 2.5	61.4 ± 2.4	61.9 ± 2.3	62.4 ± 2.3
Women 20+	2,981	68.0 ± 1.0	68.2 ± 0.9	68.4 ± 0.9	68.7 ± 0.9
20 - 29	585	68.8 ± 2.7	69.3 ± 2.7	69.3 ± 2.7	69.3 ± 2.7
30 - 39	534	66.1 ± 2.3	66.1 ± 2.3	66.4 ± 2.3	66.5 ± 2.3
40 - 49	525	65.5 ± 2.1	65.9 ± 2.0	65.9 ± 2.0	66.0 ± 2.0
50 - 59	379	68.7 ± 2.6	68.7 ± 2.6	68.7 ± 2.6	69.2 ± 2.5
60 - 69	444	64.9 ± 3.7	64.9 ± 3.7	66.1 ± 3.6	67.1 ± 3.4
70+	514	76.0 ± 2.2	76.5 ± 2.2	76.5 ± 2.2	76.5 ± 2.2

¹ NHANES, 1999-2002, adults 20 years and older with reliable 24-h recall dietary interviews meeting minimum criteria.

² Sample-weighted percentages and standard errors estimated by linearization method of SUDAAN.

³ Replacement of selected vegetable oils (soybean, corn, cottonseed, safflower, sunflower, and vegetable oil, not further specified) with canola oil, and replacement of butter & margarine with canola oil margarine.

⁴ High-fat users are those with 30% Kcal from total fat or higher at baseline.

† Significantly different from baseline (95% confidence intervals do not overlap).